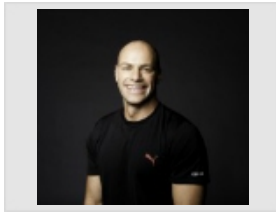


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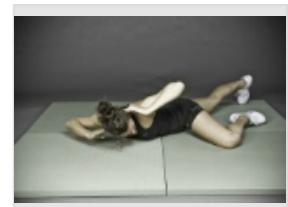
**01** Circuit number 3!

Duration	Recovery	Sets
30 sec	30 sec	1-2

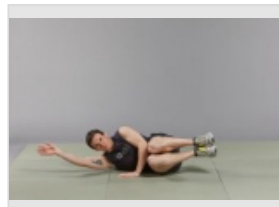
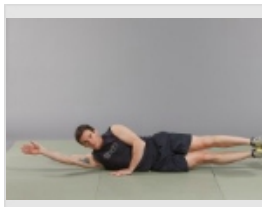
## Stabilisation - circuit



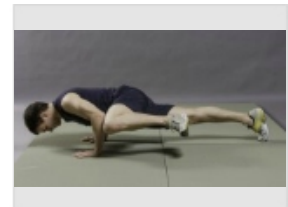
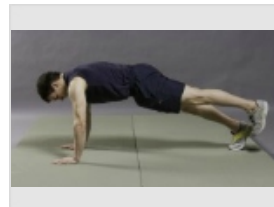
**02** ventral core muscles: sit-ups



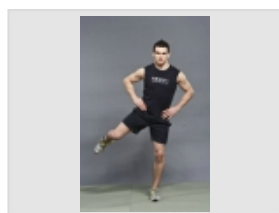
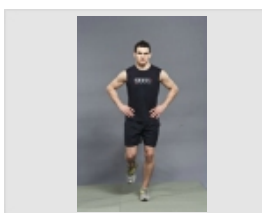
**03** dorsal core muscles



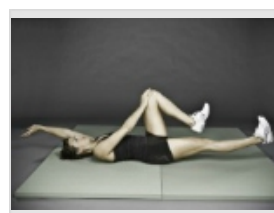
**04** lateral core muscles



**05** arms: push-up + one knee towards the elbow



**06** legs: 30sec each

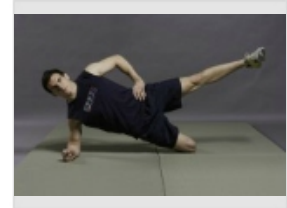
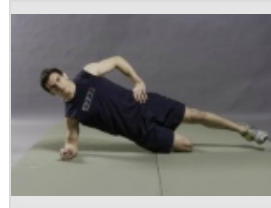


**07** ventral core muscles: diagonal jack-knives + hold the pressure (opposite hand/knee)

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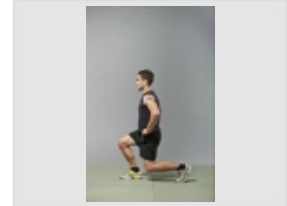
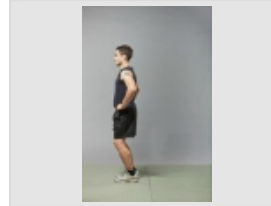
**08** dorsal core muscles: move your body up and down (2 times each side)



**09** lateral core muscles



**10** arms: fast movements



**11** legs: step-backs

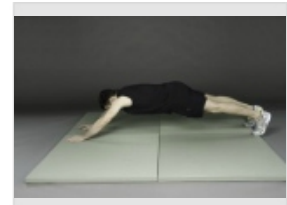


**12** ventral core muscles

**13** dorsal core muscles: fast movements with extends arms + side movements with the core (right and left)



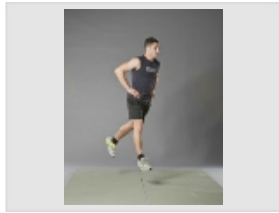
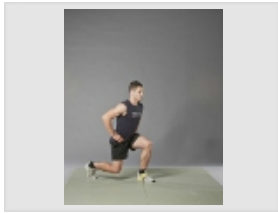
**14** lateral core muscles



**15** arms: small steps with the arms forward and then back

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**16** legs: lunge + jump