## **DEEP CORE 4**

## SET A

MOVE 1: Crunch with hands reaching between legs while pulling knees apart

MOVE 2: Crunch & reach arm to opposite knee

## SET B

MOVE 1: Legs bent with heels off floor: alternate straight leg

MOVE 2: Lift heels to ceiling with arms reaching towards toes

## **OUTRO**

MOVE 1: Alternate heel reaches

