



# Level 2 - Intermediate Resistance Exercise Circuit



Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 10-minute warm-up video.



Scan the QR code beside each exercise on this circuit to see a demonstration of the correct technique.

# Resistance Exercises | Time 30–60 seconds

1. Forward Lunge with Turn
2. Low Plank to High Plank
3. V-Sit with Repeated Leg Press
4. Cross Balance Lunge
5. Pike Touch
6. Side Plank, Drop Elbow to Floor
7. Reverse Lunge
8. Donkey Kicks
9. Ab Crunch with Elbow to Opposite Knee
10. Back Extension

### 1. Forward Lunge with Turn



a



b



### 2. Low Plank to High Plank

a



b



### 3. V-Sit with Repeated Leg Press

a



b



★ Green star indicates that you must remember to work both sides of the body



# Resistance Exercises | Time 30–60 seconds

## 4. Cross Balance Lunge



This is a front view



## 5. Pike Touch



Level 2



## 6. Side Plank, Drop Elbow to Floor



b



c



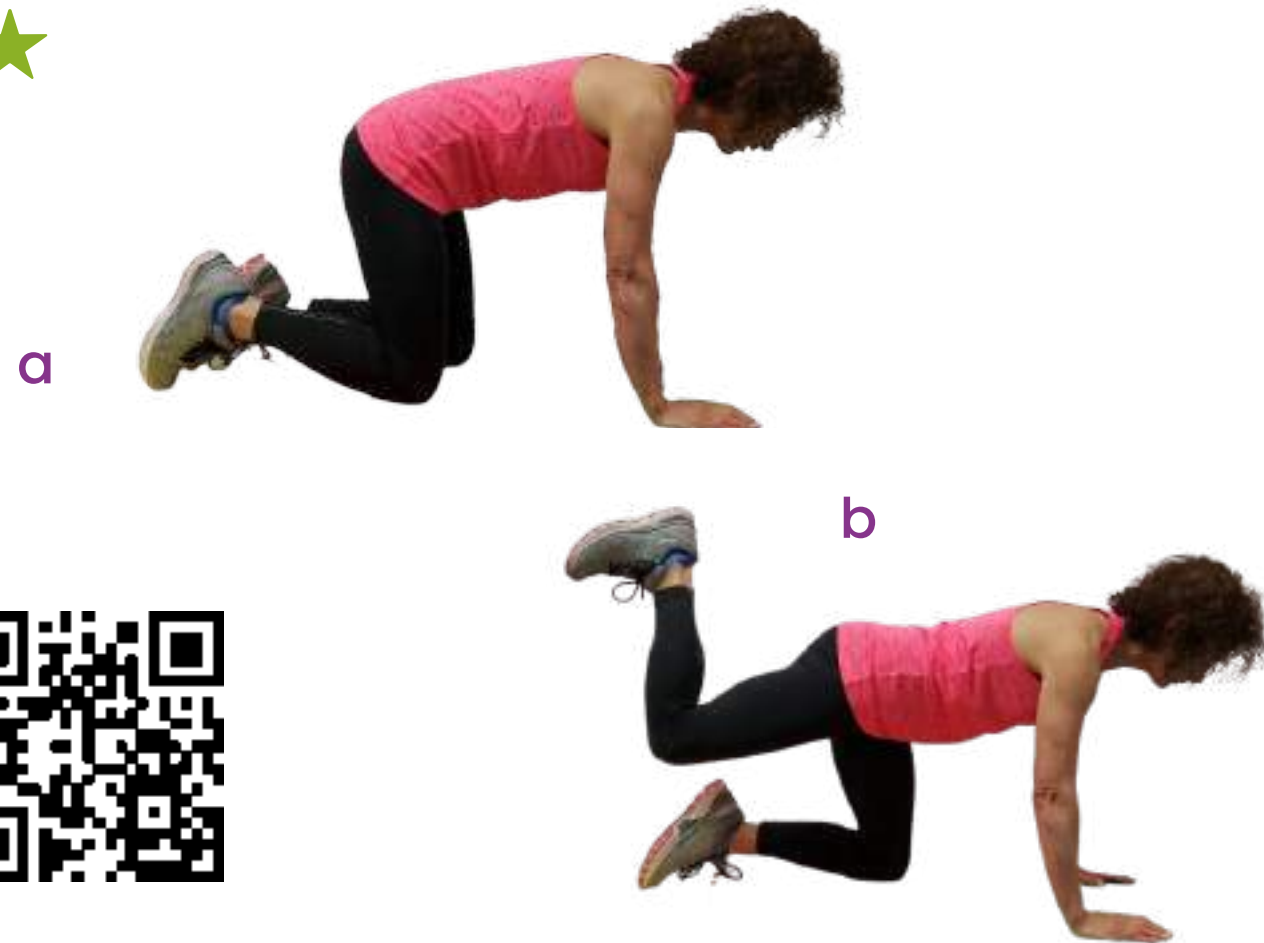
## 7. Reverse Lunge



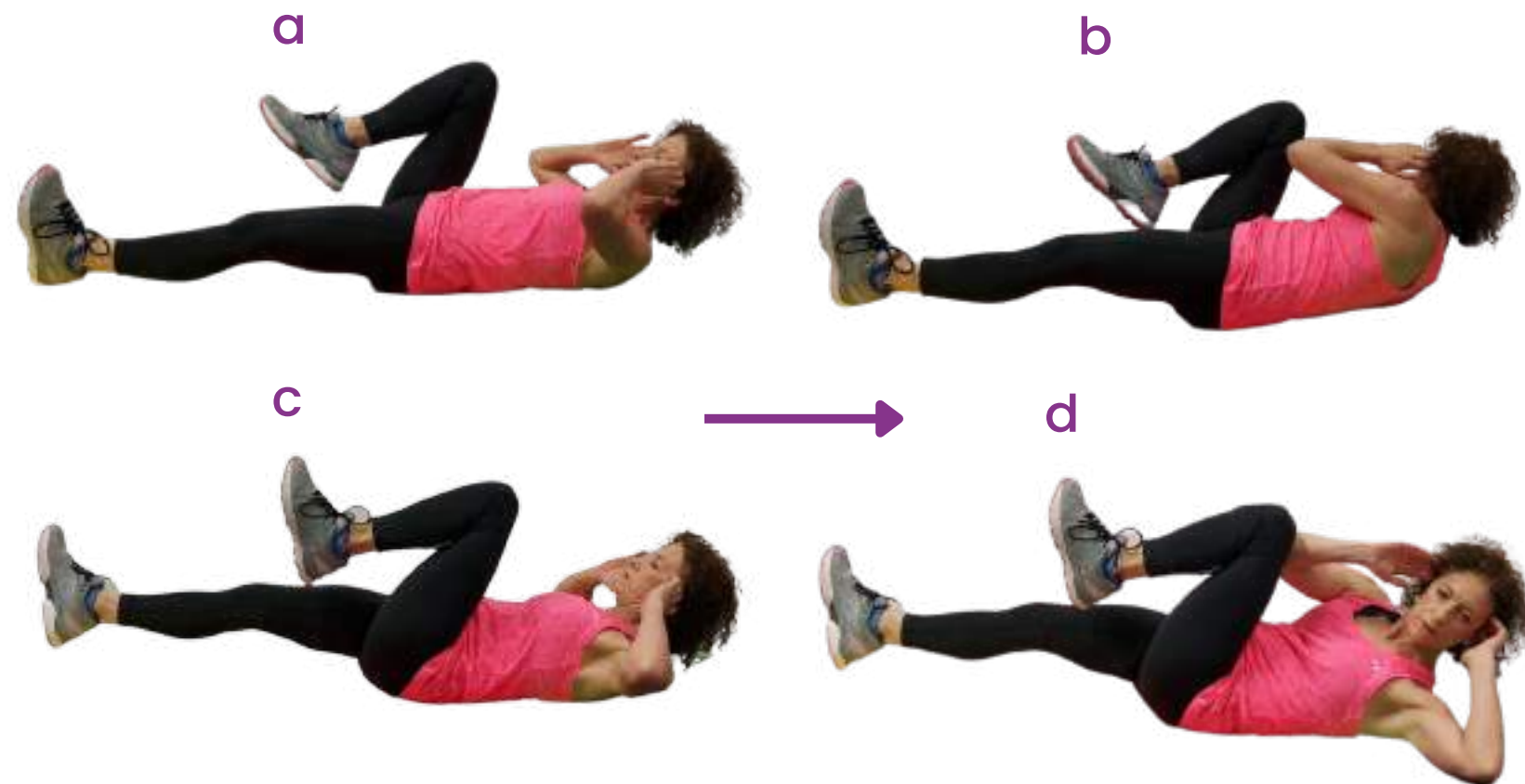
★ Green star indicates that you must remember to work both sides of the body

# Resistance Exercises | Time 30–60 seconds

## 8. Donkey Kicks



## 9. Ab Crunch with Elbow to Opposite Knee



## 10. Back Extension



★ Green star indicates that you must remember to work both sides of the body