

20



# CORE

 St. Joan<sup>of</sup> Arc

21



## Exercise

*(Click Charger Logo for Video)*

### Crunches

50 Reps (Knee Bent, Knee Straight, Feet Sky)

### Sit Ups

50 Reps

### Straight Leg Lifts

50 Reps

### Hip Twists

50 Reps

### Scissors

30 Seconds

### Over Unders

50 Reps

### Bicycle

50 Reps

### Planks

3 Sets X 30 Seconds



# CHARGERS

 St. Joan<sup>of</sup> Arc

*"...with God, all things are possible..." Matthew 19:26*