## BODYBIBLE

## Shoulder & Core Toner

## **HIIT Circuit**

- 3 Rounds 40 Seconds Working / 20 Seconds Resting
  - 1. Floor Sprints in Front Support
  - 2. Shrugs in Front Support/Plank
  - 3. Plank Jumping Jacks
  - 4. High to Low Plank
  - 5. Back Support Plank Alternate Leg Raises