

# 8-MINUTE MEDICINE BALL CORE WORKOUT

Perform each move for 30 seconds, repeating the routine twice.

## OVERHEAD CRUNCH



## REVERSE CRUNCH PULLOVERS



## LEG LOWERS + CHEST PRESS



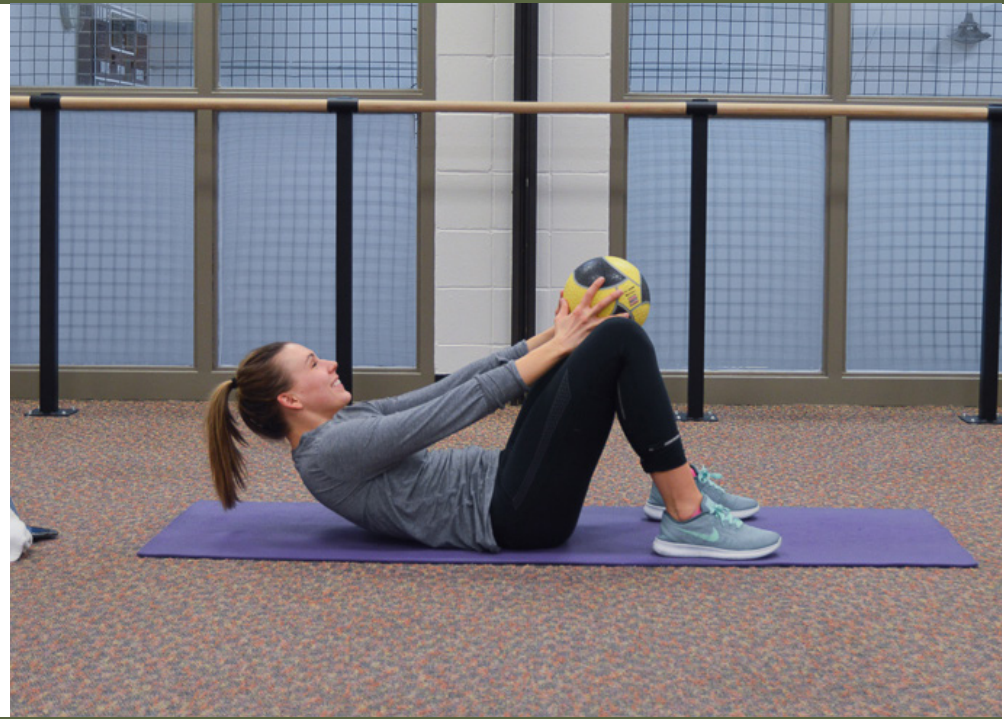
## MARCHING CRUNCHES



## STRAIGHT LEG OBLIQUE SIT UPS



## PUSH-THROUGHS



## RUSSIAN A-TWIST



## HIGH PLANK HOLD

