

## GIULIA CAMMARANO'S CORE CIRCUIT WORKOUT

Focus: Core

- Complete 3 rounds of circuit
- 30 seconds of work per exercise
- 15 seconds of rest between exercises

Exercise	Repetitions or Duration
1. Seated knee tucks	30 seconds
2. Dead bugs	30 seconds
3. Side plank (left)	30 seconds
4. Front plank	30 seconds
5. Side plank (right)	30 seconds