

Workout of the week!!

The “**core**” is more than just having a “six pack.” Your core provides you with stability and the ability to have good posture. So everything this week will thoroughly involve the core for each movement.

Squat cable rows

Standing Cable one arm Presses

Single arm Dumbbell Shoulder Presses

Stability ball Glute Bridges

Planks

“Superman’s”

This workout will challenge your core like no other. The single arm pressing puts your core in a position to work to keep your body STABLE!

Come challenge yourself!