



Dynamic Core Duo

Presented by Terri Arends B.S., P.E.

t.arends@att.net

Friday, May 30, 2008 4:30 PM–5:30 PM

Double the fun of your SPIN® Core combination class: team Spinning® participants in pairs for the Core segment. This circuit class stays close to the core by integrating a variety of dynamic partner-workout drills. We'll rev up the cardiovascular system in a circuit-training fashion with speed, agility and quickness drills. Then get ready to double up f the partner challenge. Gain simple and exciting core routines—and a workout buddy.

- Medicine ball Russian twist
- Medicine ball rotation toss
- Medicine ball split stance rotation toss
- Medicine ball sit up throw
- Plank medicine ball Russian twist combo
- Stability ball rotation
- Stability ball plank with disruption
- Stability ball kneeling with medicine ball tosses
- Band chops
- Medicine ball plank—medicine ball pass
- One-leg medicine ball toss

**Please remember to submit a session evaluation.
Your feedback is important to us!**