

CORE SLIDERS

Workout Guide

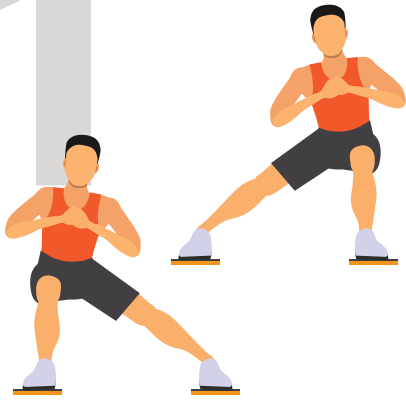
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1

Lateral Lunge



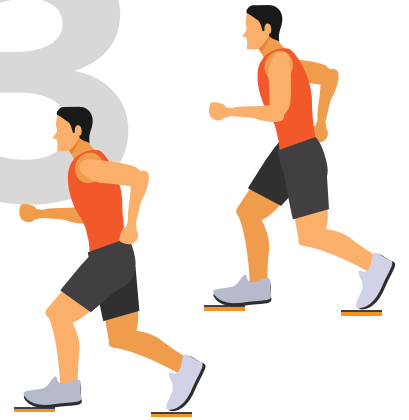
2

Curtsy Lunge



3

Ski



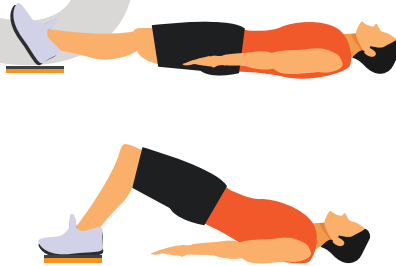
4

Leg Circles



5

Reverse Tuck



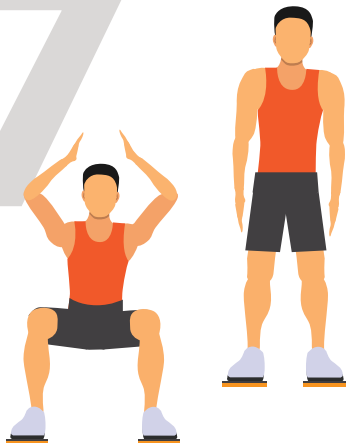
6

Reaching Reverse Lunge



7

Sliding Jack Into Wide Squat



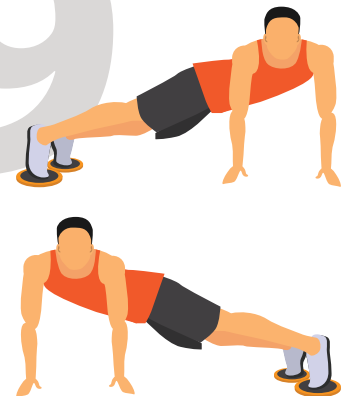
8

Skater



9

Plank Kick-Out

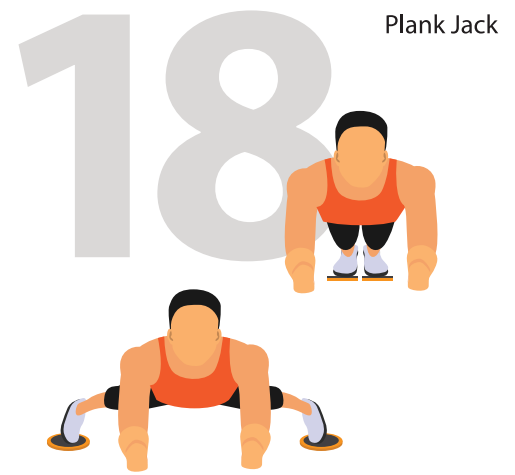
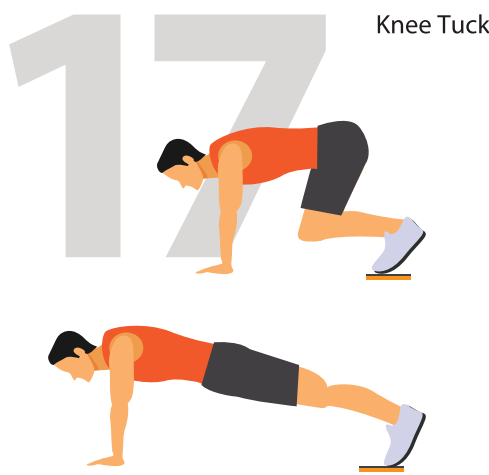
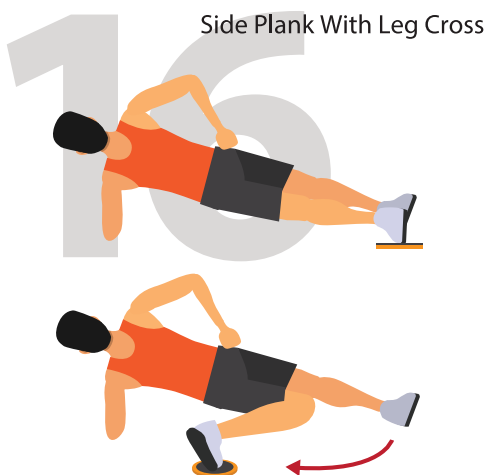
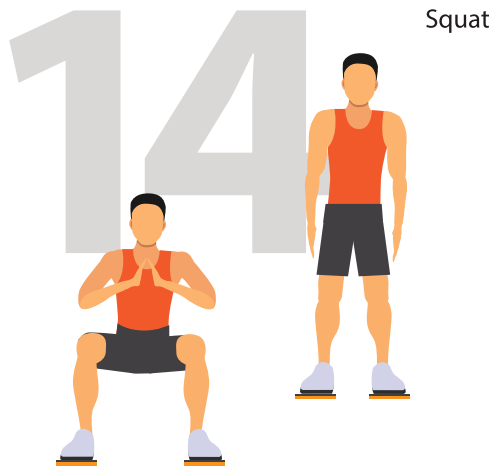
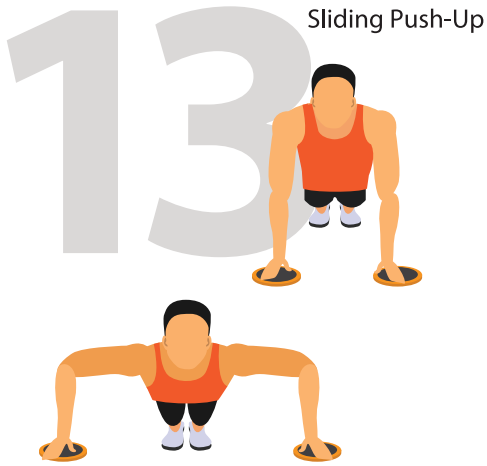
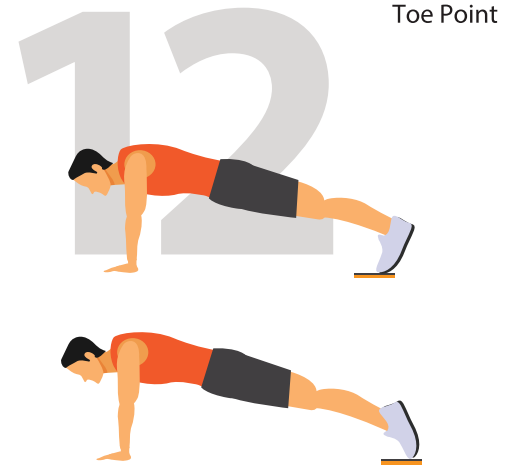
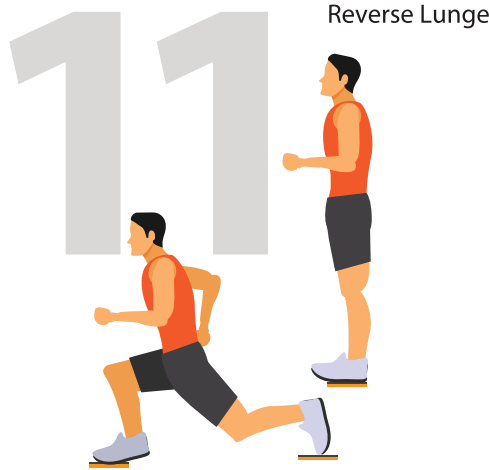
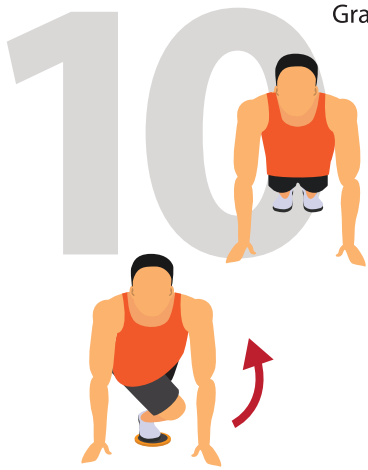


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Cross Mountain Climbers



Mountain Climbers



Pike



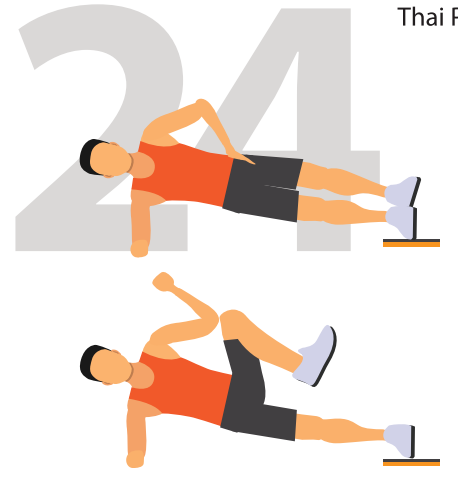
Wide Mountain Climbers



Single Leg Mountain Climbers



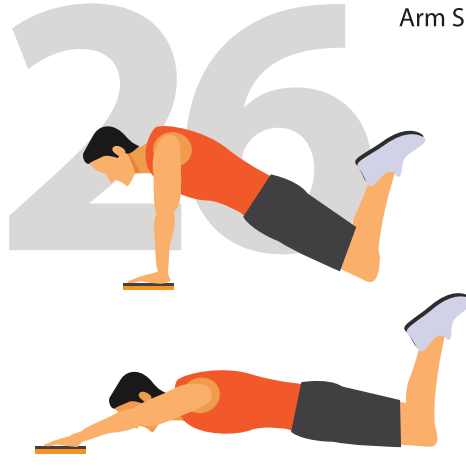
Thai Plank



Side Knee Tuck



Arm Slide



Arm Circles

