## Two by Two Core Fitness

You and	Compl Crunch	ete Long Arm	0	2
You and	Compl	ete Toe touches	$L_{\odot}$	
You and	Comple and To	ete Elbows es		•
You and	Jog and	d Touch 3 walls		
You and	Compl Heel To	ete Bent Knee ouches	V.	0
You and	Compl	ete Bicycle		
You and	Compl	ete Side Plank	C	)
You and	Jog ard	ound the outside o	f the cones	

## Two by Two Core Fitness

You and	Complete Long Arm Crunch
You and	Complete Toe touches
You and	Complete Elbows and Toes
You and	Jog and Touch 3 walls
You and	Complete Bent Knee Heel Touches
You and	Complete Bicycle
You and	Complete Side Plank
You and	Jog around the outside of the cones