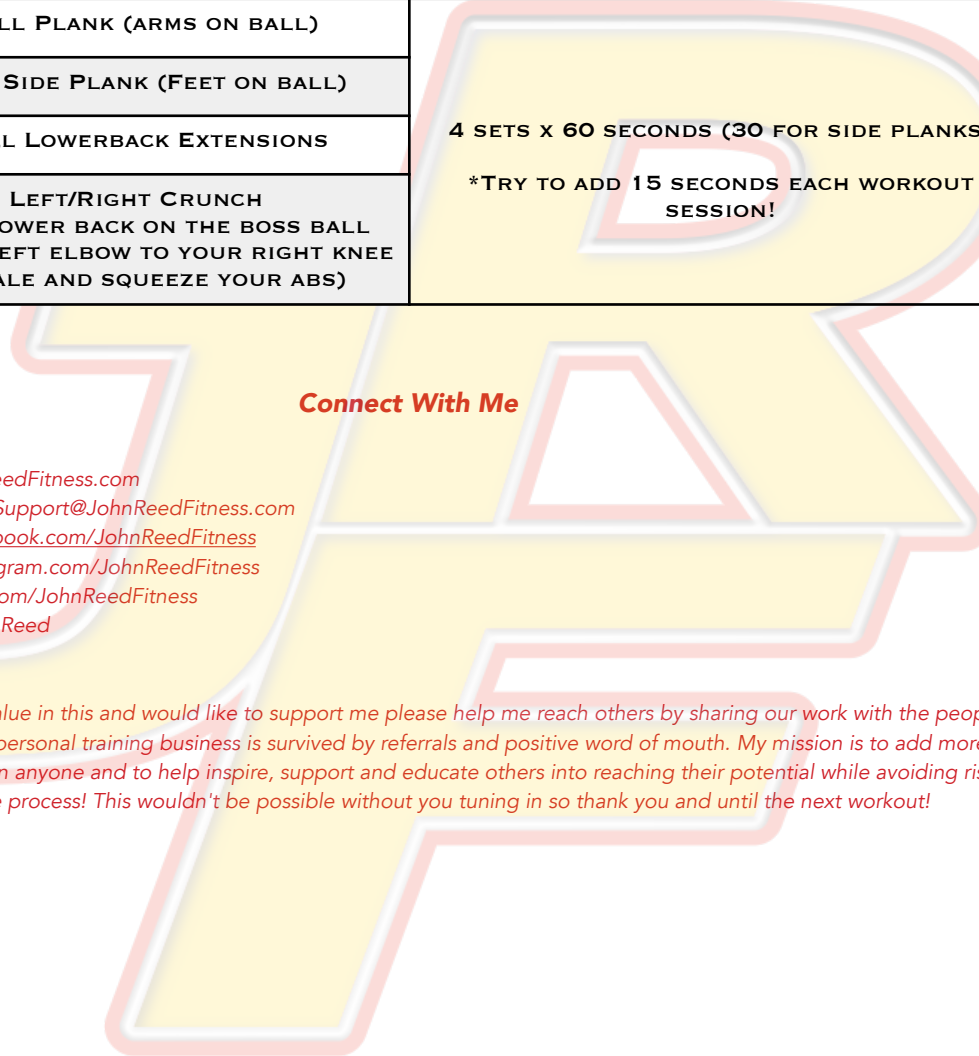


- JOHN REED FITNESS -
DAILY WORKOUTS
- BOSU BALL CORE -

EXERCISE	SETS & REPETITIONS
BOSU BALL PLANK (ARMS ON BALL)	 <p>4 SETS X 60 SECONDS (30 FOR SIDE PLANKS)</p> <p>*TRY TO ADD 15 SECONDS EACH WORKOUT SESSION!</p>
BOSU BALL SIDE PLANK (FEET ON BALL)	
BOSU BALL LOWERBACK EXTENSIONS	
BOSU LEFT/RIGHT CRUNCH (WITH YOUR LOWER BACK ON THE BOSS BALL CRUNCH YOUR LEFT ELBOW TO YOUR RIGHT KNEE AS YOU EXHALE AND SQUEEZE YOUR ABS)	

Connect With Me

Website: www.JohnReedFitness.com
24/7 Email Support: Support@JohnReedFitness.com
Facebook: www.Facebook.com/JohnReedFitness
Instagram: www.Instagram.com/JohnReedFitness
Twitter: www.Twitter.com/JohnReedFitness
My Fitness Pal: [John_Reed](#)

If you find value in this and would like to support me please help me reach others by sharing our work with the people in your life. A successful personal training business is survived by referrals and positive word of mouth. My mission is to add more value to my clients than anyone and to help inspire, support and educate others into reaching their potential while avoiding risk of injury and enjoying the process! This wouldn't be possible without you tuning in so thank you and until the next workout!

Your Personal Trainer,

John Reed Fitness