



# 5 MINUTE SCULPT

Define the waistline through enhanced spinal mobility, twisting power, and Spine Stretch lengthens the Teaser for total core control.

10  Cork Screw


19  Spine Twist


## 9 Full Body




### CONTROLLED MOTION CHALLENGE

Precision meets power. Roll Over builds control, Jack Knife elevates strength, Teaser tones the obliques. Control Balance for total

3  Roll Over

20  Jack Knife

10  Teaser


Spine Stretch


Teaser


## 2 Flexibility


### DYNAMIC EXTENSION

Lengthen and strengthen through Roll Over decompresses the strengthens abdominals, and Swan Control Balance adds grace, finishing fluid flexibility.

3  Roll Over

20  Jack Knife

12  Swan

5  Control Balance

# 10 Minute Workouts Card Deck

**VM Jensen**



## **10 Minute Workouts Card Deck:**

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