



power program **basic**

LOOK BETTER – FEEL BETTER – PERFORM BETTER

WATCH VIDEO



IN FREE APP!



BALANCE TRAINER EXCLUSIVE

WARMING UP



TOP SQUATS & ROTATION



COMPRESSIONS



BACK TAPS

LOWER BODY



SIDE SQUAT



ALT REAR LUNGE



HIP EXTENSION

UPPER BODY



X PUSH UP



2 ARM ROW



LATERAL RAISE

CORE



REVERSE CRUNCH



WOOD CHOPPER



WALKING PLANK

COOLING DOWN



CHILDS POSE



SEATED GLUTE STRETCH



DOWN DOG

www.corepower.nl

Available on the
App Store

ANDROID APP ON
Google play