

DATE / WEEK					
01 IN & OUTS Target - 25	R_____	R_____	R_____	R_____	R_____
02 SEATED BICYCLES Target - 25	R_____	R_____	R_____	R_____	R_____
03 REVERSE BICYCLES Target - 25	R_____	R_____	R_____	R_____	R_____
04 SEATED CRUNCHY FROGS Target - 25	R_____	R_____	R_____	R_____	R_____
05 CROSSED-LEG/WIDE LEG SIT-UPS Target - 25	R_____	R_____	R_____	R_____	R_____
06 FIFER SCISSORS Target - 25	R_____	R_____	R_____	R_____	R_____
07 HIP ROCK 'N' RAISE Target - 25	R_____	R_____	R_____	R_____	R_____
08 PULSE-UPS (HEELS TO HEAVEN) Target - 25	R_____	R_____	R_____	R_____	R_____
09 ROLL-UP/ V-UP COMBOS Target - 25	R_____	R_____	R_____	R_____	R_____
10 OBLIQUE V-UPS Target - 25	R_____	R_____	R_____	R_____	R_____
11 LEG CLIMBS Target - 25	R_____	R_____	R_____	R_____	R_____
12 MASON (KAYAK) TWIST Target - 25	R_____	R_____	R_____	R_____	R_____
Cool Down & Stretch (0:51)					
R. reps					

Equipment Required • Mat

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