

ABDOMINAL CIRCUIT

- #1** PARTNER LEG PUSHDOWN 1 X 15
STEERING WHEEL ABS 2 X 10
DECLINE MED BALL TOSS 1 X 15
PARTNER LEG PUSH DOWN sides 1 X 20
ELBOWS/TOES- RIGHT SIDE 35 SECONDS
Lift left leg 10 inches
LEFT SIDE 35 SECONDS
Lift right leg 10 inches
REGULAR 40 SECONDS
Lift one leg up for 20 secs, switch
- #2** DECLINE MED BALL TOSS 1 X 15
ABDOMINAL WHEEL 1 X 12
SWISS BALL CRUNCHES 1 X 35
Lift one leg up
STEERING WHEEL ABS 1 X 15
ONE-LEGGED CRUNCHES 2 X 10 EACH LEG
- #3** STEERING WHEEL ABS 2 X 15
SWISS BALL CRUNCHES sides 1 X 35
PARTNER LEG PUSHDOWN 1 X 15
ELBOWS/TOES- REGULAR 75 SECONDS
- #4** DECLINE MED BALL TOSS 1 X 20
ABDOMINAL WHEEL 2 X 8
PARTNER LEG PUSHDOWN 1 X 15
SWISS BALL CRUNCHES 1 X 35
Lift one leg up