

ABDOMINAL CIRCUIT

- #5** 1-LEG STEERING WHEEL ABS 1 X 14
(STAND ON 1 LEG)
PARTNER LEG PUSHDOWN 1 X 15
ONE-LEGGED CRUNCHES 1 X 15 EACH LEG
STEERING WHEEL ABS 1 X 14
ELBOWS/TOES- RIGHT SIDE 40 SECONDS
LEFT SIDE 40 SECONDS
REGULAR 40 SECONDS
- #6** DECLINE MED BALL TOSS 1 X 15
ABDOMINAL WHEEL 1 X 10
SWISS BALL CRUNCHES SIDES 1 X 35
Lift one leg
STEERING WHEEL ABS 1 X 14
REGULAR CRUNCHES 1 X 25
- #7** 1-LEG STEERING WHEEL ABS 2 X 14
SWISS BALL CRUNCHES 1 X 35
PARTNER LEG PUSHDOWN 1 X 20
ROMAN CHAIR 60 SECONDS
ELBOWS TOES 30 SECONDS
- #8** DECLINE MED BALL TOSS 1 X 20
ABDOMINAL WHEEL 1 X 10
PARTNER LEG PUSHDOWN 1 X 20
sides
SWISS BALL CRUNCHES SIDES 1 X 35
ELBOWS TOES 60 SECONDS
ROMAN CHAIR 30 SECONDS