

CORE WORKOUT

REPS

EXERCISE

100

CRUNCHES

20

BICYCLES

30S

PLANK

15S

LEFT SIDE PLANK

15S

RIGHT SIDE PLANK

15

SIT UPS

30

SCISSOR KICKS

30S

SECOND PLANK

20

BICYCLES

30

LEG RAISES

Rest for 1 minute and repeat
3-5 times for *r* best results.