

6-12 MINUTE ABS (SERIES 4)

ALL EXERCISES REQUIRE EQUIPMENT

PALLOF PRESS

X10 EA

MB OVERHEAD CHOP

X10 EA

SB ROLLOUT

X10 EA

MB STANDING RUSSIAN TWIST

X20

MB CIRCLES

X10 EA

MB DIAGONAL CHOP

X10 EA

**HALF KNEELING CABLE ROTATIONAL
PRESS**

X10 EA

MB ROTATIONAL LUNGE CHOP

X10 EA

MB SPLIT STANCE OVERHEAD CHOP

X10 EA

MB LATERAL LUNGE SIDE BEND

X10 EA

COMPLETE AS MANY SETS AS POSSIBLE IN SET TIME