

6-12 MINUTE ABS (SERIES 5)

ALL EXERCISES REQUIRE EQUIPMENT

TRX ROLLOUT	X10 EA
TRX KNEE TUCK	X10 EA
BANDED PALLOF LUNGE	X10 EA
BANDED SB ROTATION	X10 EA
MB SA ROLLOUT	X10 EA
MB ROTATIONAL DEADBUG	X10 EA
ECCENTRIC REVERSE CRUNCH	X10 EA
VALSLIDE PLANK SLIDE OUT	X10 EA
VALSLIDE ALLIGATOR WALK	X10 YDS
BIRD DOG CABLE ROW	X10 EA

COMPLETE AS MANY SETS AS POSSIBLE IN SET TIME