

6-12 MINUTE ABS (SERIES 6)

ALL EXERCISES REQUIRE EQUIPMENT

Plank w/ L Sandbell Reach	X12
Plank w/ R Sandbell Reach	X12
Half Kneeling Iso Pallof Press L	X10
Half Kneeling Iso Pallof Press R	X10
Side Plank w/L Cable Row	X12
Side Plank w/R Cable Row	X12
Stability Ball Quadriped (5sec hold each arm)	X5 EA
Cable Chop Left (H-L)	X10 EA
Cable Deadbugs	X8 EA
Swiss Ball Stir the Pot	X12 EA

COMPLETE AS MANY SETS AS POSSIBLE IN SET TIME