

EXERCISES	SETS	REPS
BICYCLE CRUNCHES	3	15
CAPTAINS CHAIR	4	12
STRAIGHT LINE SIDE LIFTS	3	15
BENDING SIDE TO SIDE WITH WEIGHTS	3	30
STANDING KNEE TUCK	3	15
SEATED RUSSIAN TWIST	3	15
PLANK AND ROTATE WITH WEIGHT	3	15
DOUBLE CRUNCH PULSE WITH MEDICINE BAL	3	20
PLANK WITH LEG LIFT	3	15
PRONE HIP EXTENSION	3	15
SKATER'S STEP-UP	3	15