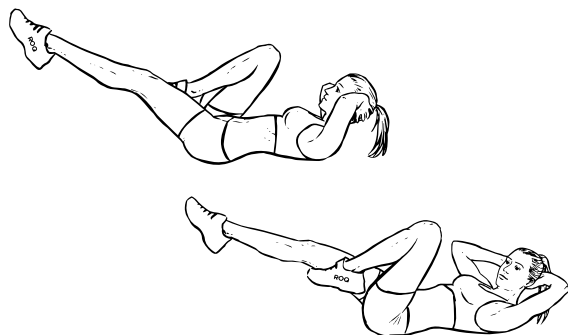


Bicycles / Elbow-to-Knee Crunches / Cross-body Crunch

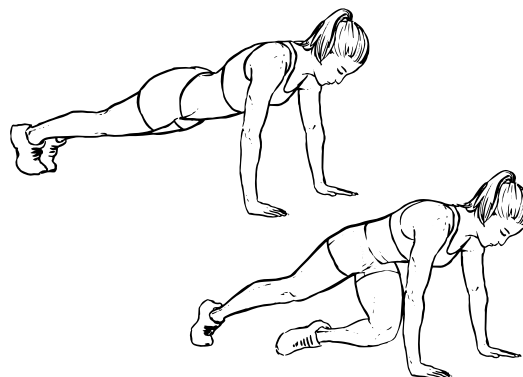
1.



3 sets 15 reps

Cross Body Mountain Climbers

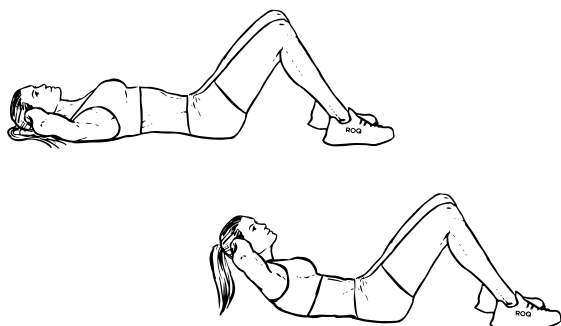
2.



3 sets 15 reps

Crunches

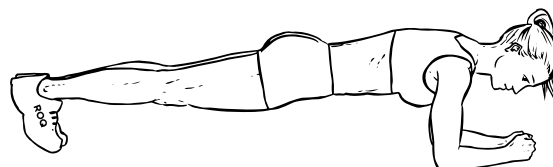
3.



3 sets 15 reps

Plank

4.



3 sets 30 seconds

Instructions:

Complete the 4 exercises in sequence.

Allow 2-3 minutes rest at the end of the sequence.

Repeat up to 3 times.

Notes:

The reps of exercises 1 & 2 are per leg.

When doing the Crunches be sure to only come up a short distance like the diagram.

During the plank make sure posture remains neutral.