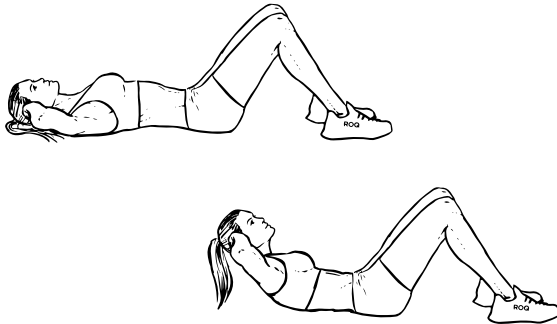


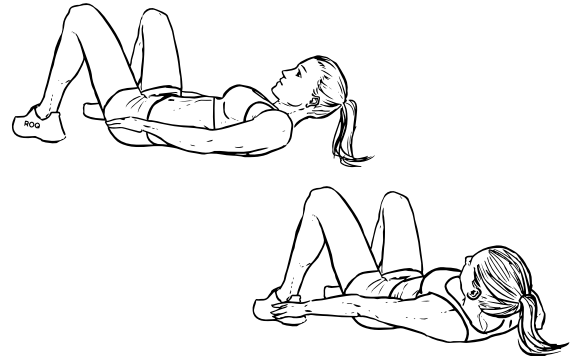
Kickstarter 6

Crunches



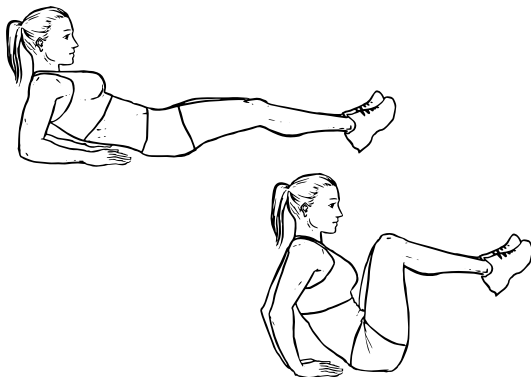
2 sets 30 seconds

Alternate Heel Touchers / Lying Oblique Reach



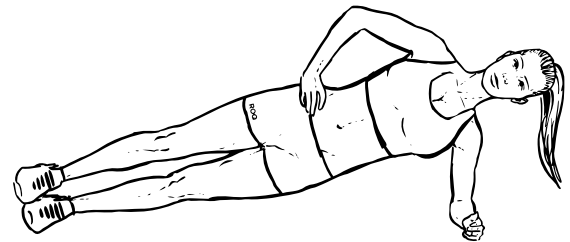
2 sets 30 seconds

Leg Pull-In Knee-up



2 sets 30 seconds

Side Plank



2 sets 30 seconds

Instructions

1. Complete all exercises once for the amount of time specified
2. Once all exercises are completed allow 1-2 minutes rest
3. Repeat the sequence for a second time
4. Kickstarter 6 Complete!

The Happy Bride Project

With Matt Robinson