

CORE Complete WORKOUT

SET 1

CRUNCH



SUPERMAN



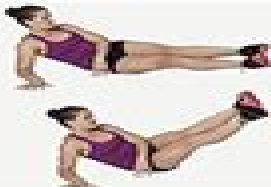
HEEL TOUCHES



TOE TOUCH



SIDE V CRUNCH



SET 2

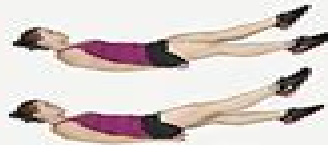
REVERSE CRUNCH



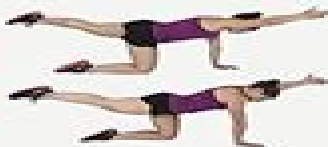
OBLIQUE CRUNCH



FLUTTER KICKS



BIRD DOG



MOUNTAIN CLIMBER

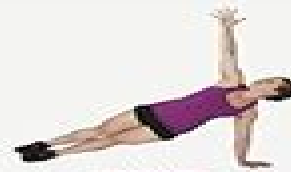


SET 3

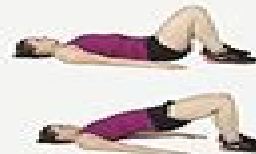
V CRUNCH



SIDE PLANK



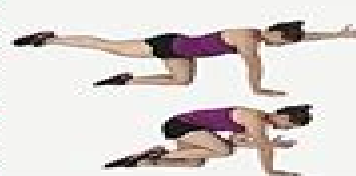
BRIDGE



PLANK



BIRD DOG KNEE TOUCH

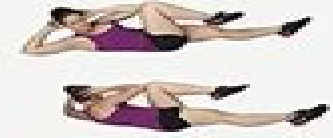


SET 4

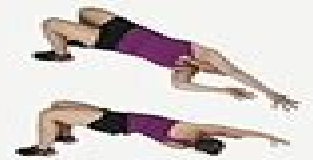
SIT UP



BICYCLE KICKS



BRIDGE AND REACH



HIP LIFT CRUNCH



RAISED LEG CRUNCH



BEGINNER

10-15 REPS X 2 SETS

INTERMEDIATE

10-15 REPS X 3 SETS

ADVANCED

10-15 REPS X 4 SETS

RESTS BETWEEN SETS:

1 MIN MAX



The Complete Workout

Michael Rajnik



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