

CORE Complete WORKOUT

SET 1

CRUNCH



SUPERMAN



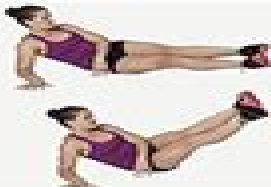
HEEL TOUCHES



TOE TOUCH



SIDE V CRUNCH



SET 2

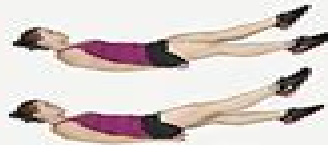
REVERSE CRUNCH



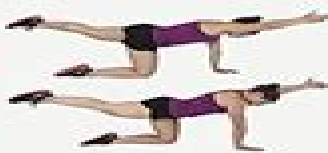
OBLIQUE CRUNCH



FLUTTER KICKS



BIRD DOG



MOUNTAIN CLIMBER



SET 3

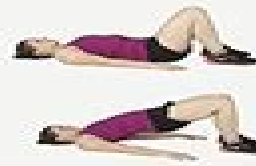
V CRUNCH



SIDE PLANK



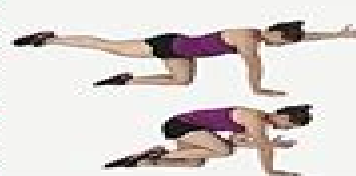
BRIDGE



PLANK



BIRD DOG KNEE TOUCH

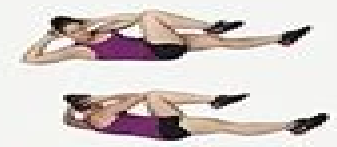


SET 4

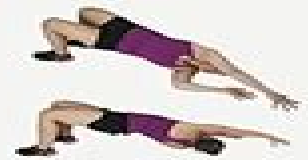
SIT UP



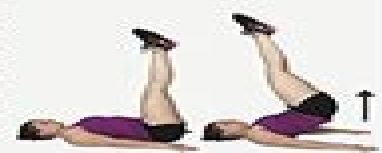
BICYCLE KICKS



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

L Cohen



The Complete Workout:

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Table of Contents The Complete Workout

1. Understanding the eBook The Complete Workout
 - The Rise of Digital Reading The Complete Workout
 - Advantages of eBooks Over Traditional Books
2. Identifying The Complete Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Complete Workout
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Complete Workout
 - Personalized Recommendations
 - The Complete Workout User Reviews and Ratings
 - The Complete Workout and Bestseller Lists
5. Accessing The Complete Workout Free and Paid eBooks
 - The Complete Workout Public Domain eBooks
 - The Complete Workout eBook Subscription Services
 - The Complete Workout Budget-Friendly Options

6. Navigating The Complete Workout eBook Formats
 - ePub, PDF, MOBI, and More
 - The Complete Workout Compatibility with Devices
 - The Complete Workout Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Complete Workout
 - Highlighting and Note-Taking The Complete Workout
 - Interactive Elements The Complete Workout
8. Staying Engaged with The Complete Workout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Complete Workout
9. Balancing eBooks and Physical Books The Complete Workout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Complete Workout
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Complete Workout
 - Setting Reading Goals The Complete Workout
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Complete Workout
 - Fact-Checking eBook Content of The Complete Workout
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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