

Core #2

Super Set 2

SET	EST. TIME PER SET	EXERCISE	REPS	TARGET MUSCLE
1	60s	V-Ups (Real)	12	Abdominals
2	60s	Side Plank (left)	30 -45 sec	Obliques
3	60s	Side Plank (right)	30 -45 sec	Obliques
4	60s	Elbow to Knee (Bicycle Kicks)	30 (each)	Abdominals & Obliques
5	60s	Prone Row	16	Low Back
REPEAT ALL SETS			2x	
SUPER SET TOTAL TIME			10 Min	