

Core Workout #1

Super Set 3

<i>SET</i>	<i>TIME PER SET</i>	<i>EXERCISE</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>TARGET MUSCLE</i>
1	60s	WT to Sky	12	Light	Abdominals (upper)
2	60s	Feet 2 Sky	16	BW	Abdominals (lower)
3	60s	American Twists	16	Light	Obliques
4	60s	Plank (wt)	60s	Light	Low Back/Glutes/Ha
REPEAT ALL SETS			3x		
SUPER SET TOTAL TIME			12 Min		

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