

AB AND CORE WORKOUT

(REPEAT)

- 30** **V Sit Ups**
- 30** **Scissor Kicks**
- 30** **Russian Twists**
- 1** **1 Minute Plank**
- 30** **Reverse Crunches**
- 50** **Mountain Climbers**
- 1** **45 Second Leg Lifts**
- 10** **Burpees**
- 15** **Walk out push ups**
- 15** **Belly Busters**

With a Partner, Plank with Ball Roll