

Intensity

Reps: 15

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 45 seconds between sets

For each exercise, perform 3 sets of 15 repetitions, resting 45 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.



- 1 Lie on your back with your knees bent, feet raised and your hands at the sides of your head.
- 2 Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
- . Do not pull your head up with your hands.
- · Lower your head and shoulders and repeat.



- 1- Lie on your back with your legs straight and your hands at your sides.
- 2 Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.
- Keep your upper body stable throughout.
- Slowly lower your legs back to a straight position to tap your heels on the floor and repeat.



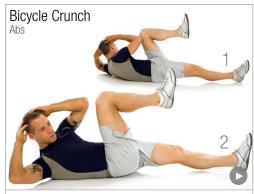
- $1\,$ Support your body off the floor in the top of a push up, resting on your toes and hands with your arms straight.
- 2 Raise one hand up toward the ceiling while rotating your body to the same side and look up at your hand.
- Hold, then lower yourself back to the floor and repeat, twisting up to the other side.
- Alternate sides with each rep.



- 1 Stand upright facing front with your arms extended out to the sides at shoulder height.
- 2 Twist your torso to one side, turning your head and shoulders.
- Twist back to the opposite side, allowing your hips to move.
- Alternate sides with each rep.



- 1 Lie on one side propped up on one elbow with your legs straight out on top of one another.
- 2 Raise your body off the floor, resting on your forearm and foot.
- \bullet Try to keep your body in a straight line and your elbow directly under your shoulder.
- Hold, then lower yourself back to the floor and repeat.
- \bullet Complete all reps on one side before switching to the other side.



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- $2\,$ Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.
- Alternate sides with each rep.



- 1 Lie face down on the floor with your legs straight and your arms by your sides, palms up.
- 2 Raise your upper body, arms and legs all together about 18 inches off floor.
- Hold this position briefly, then lower yourself back to the floor and repeat.