

Set pause: 2

NORMAL SET

step ups

1 20 repetitions 2 20 repetitions 3 20 repetitions 4 20 repetitions 5 20 repetitions

Set pause: 2

NORMAL SET

knee wide pushups

1 8 repetitions 2 8 repetitions 3 8 repetitions 4 8 repetitions 5 8 repetitions

Set pause: 2

NORMAL SET

tuck hanging leg lifts

1 8 repetitions 2 8 repetitions 3 8 repetitions 4 8 repetitions 5 8 repetitions

Set pause: 2

NORMAL SET

supine windshield wipers

1 8 repetitions 2 8 repetitions 3 8 repetitions 4 8 repetitions 5 8 repetitions

Set pause: 2

NORMAL SET

side to side half crunches

1 14 repetitions 2 14 repetitions 3 14 repetitions 4 14 repetitions 5 14 repetitions