

Set pause: 3

NORMAL SET

squat jumps

- 1 12 repetitions
- 2 12 repetitions
- 3 12 repetitions
- 4 12 repetitions
- 5 12 repetitions
- 6 12 repetitions
- 7 12 repetitions
- 8 12 repetitions

Set pause: 3

NORMAL SET

elevated reverse grip rows

- 1 8 repetitions
- 2 8 repetitions
- 3 8 repetitions
- 4 8 repetitions
- 5 8 repetitions
- 6 8 repetitions
- 7 8 repetitions
- 8 8 repetitions

Set pause: 3

NORMAL SET

wide pushups

- 1 6 repetitions
- 2 6 repetitions
- 3 6 repetitions
- 4 6 repetitions
- 5 6 repetitions
- 6 6 repetitions
- 7 6 repetitions
- 8 6 repetitions

Set pause: 3

NORMAL SET

tuck V-ups

- 1 12 repetitions
- 2 12 repetitions
- 3 12 repetitions
- 4 12 repetitions
- 5 12 repetitions
- 6 12 repetitions
- 7 12 repetitions
- 8 12 repetitions

Set pause: 3

NORMAL SET

side to side half crunches

- 1 14 repetitions
- 2 14 repetitions
- 3 14 repetitions
- 4 14 repetitions
- 5 14 repetitions
- 6 14 repetitions
- 7 14 repetitions
- 8 14 repetitions