

Set pause: 2

NORMAL SET

rope jumps

- 1 100 repetitions
- 2 100 repetitions
- 3 100 repetitions
- 4 100 repetitions
- 5 100 repetitions
- 6 100 repetitions
- 7 100 repetitions
- 8 100 repetitions

Set pause: 2

SUPERSET

pullups

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions
- 4 10 repetitions
- 5 10 repetitions
- 6 10 repetitions
- 7 10 repetitions
- 8 10 repetitions

pushups

- 1 20 repetitions
- 2 20 repetitions
- 3 20 repetitions
- 4 20 repetitions
- 5 20 repetitions
- 6 20 repetitions
- 7 20 repetitions
- 8 20 repetitions

Set pause: 2

SUPERSET

V-ups

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions
- 4 10 repetitions
- 5 10 repetitions
- 6 10 repetitions
- 7 10 repetitions
- 8 10 repetitions

supine leg lifts

- 1 20 repetitions
- 2 20 repetitions
- 3 20 repetitions
- 4 20 repetitions
- 5 20 repetitions
- 6 20 repetitions
- 7 20 repetitions
- 8 20 repetitions

half crunches

- 1 20 repetitions
- 2 20 repetitions
- 3 20 repetitions
- 4 20 repetitions
- 5 20 repetitions
- 6 20 repetitions
- 7 20 repetitions
- 8 20 repetitions