



BUMS & TUMS

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BODY WEIGHT SQUAT (warm-up)	15	2	30 SECS
LEG PRESS WIDE	25	3	60 SECS
ABDUCTOR SS LUNGES DB	15	3	60 SECS
ABDOMINAL CRUNCHES SS BICYCLE CRUNCHES	12	3	60 SECS

60 MIN WORKOUT

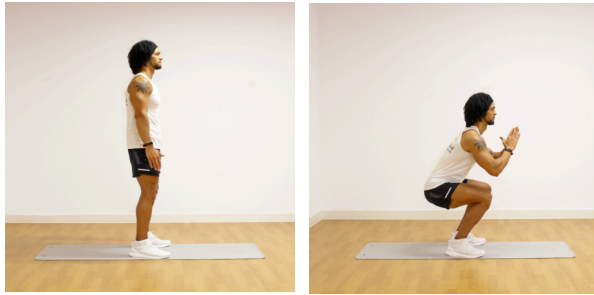
EXERCISE	REPS	SETS	REST
BODY WEIGHT SQUAT (warm-up)	20	2	45 SECS
DB STEP-UPS ON BENCH SS DEADLIFT KB	15	4	60 SECS
LEG PRESS WIDE	25	4	90 SECS
ABDUCTOR SS LUNGES DB	15	4	90 SECS
VERTICAL LEG RAISES SS VERTICAL KNEE RAISES	12	4	60 SECS
ABDOMINAL CRUNCHES SS BACK EXTENSIONS	15	4	60 SECS

KEY:

BB	BARBELL
DB	DUMBBELL
DS	DROP-SET
KB	KETTLE BELL
SS	SUPER-SET



BODY WEIGHT SQUAT



LEG PRESS WIDE



ABDUCTOR



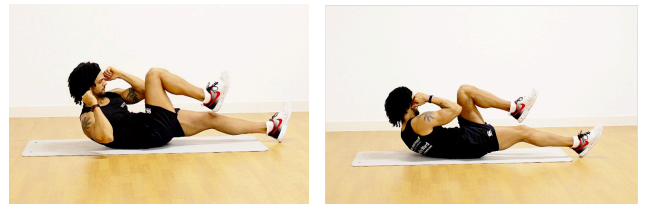
LUNGES DB



ABDOMINAL CRUNCHES



BICYCLE CRUNCHES



DB STEP-UPS ON BENCH



DEADLIFT KB



VERTICAL LEG RAISES



VERTICAL KNEE RAISES



BACK EXTENSIONS

