



CORE STRENGTH

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
MEDICINE BALL SLAMS	15	2	30 SECS
BB BENT OVER ROW SS LEG CURL ON SWISS BALL	15	3	60 SECS
KB DEADLIFT SS BACK RAISES	12	3	60 SECS
ABDOMINAL CRUNCHES SS RUSSIAN TWIST HOLDING PLATE	15	3	60 SECS

60 MIN WORKOUT

EXERCISE	REPS	SETS	REST
MEDICINE BALL SLAMS	15	3	45 SECS
BB BENT OVER ROW SS LEG CURL ON SWISS BALL	12	4	60 SECS
SINGLE LEG PLANK (1 min each leg) SS SQUAT THRUST	15	4	60 SECS
KB DEADLIFT SS BACK RAISES	12	4	90 SECS
ABDOMINAL CRUNCHES SS RUSSIAN TWIST HOLDING PLATE	15	4	60 SECS
WOOD CHOP HIGH TO LOW ON PULLEY SS JUMP SQUATS	12	4	60 SECS

KEY:

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



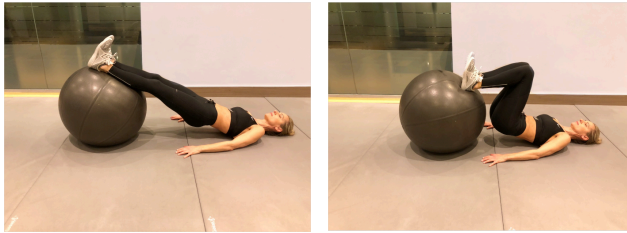
MEDICINE BALL SLAMS



BB BENT OVER ROW



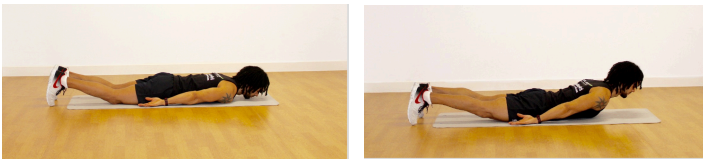
LEG CURL ON SWISS BALL



KB DEADLIFT



BACK RAISES



ABDOMINAL CRUNCHES



RUSSIAN TWIST HOLDING PLATE



SINGLE LEG PLANK



SQUAT THRUST



WOOD CHOP HIGH TO LOW ON PULLEY



JUMP SQUATS

