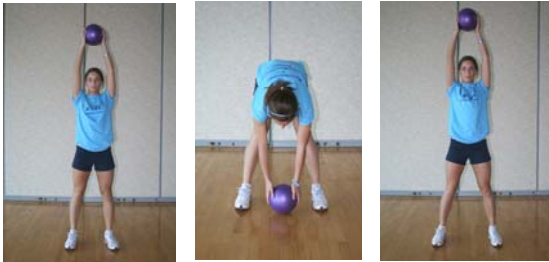


## CORE TRAINING: MEDICINE BALL LEVEL # 1 of 6 (195 reps)

1. WOOD CHOPPERS 2 x 15



5. ROLL-UP CRUNCH 1 x 15



2. DIAGONAL WOOD CHOPPERS 15 x RT/LT



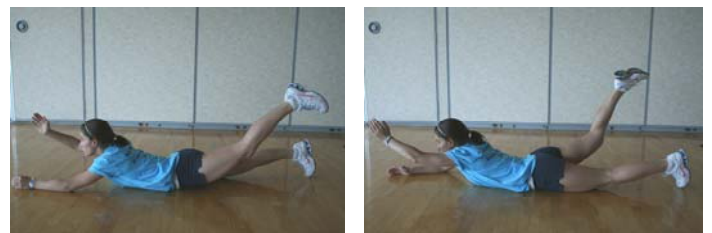
6. RUSSIAN TWIST 1 X 30



3. PULLOVER CRUNCH 2 x 15



7. SUPERMAN 15 right / 15 left



4. RUSSIAN TWIST 1 x 30

