

CORE TRAINING: BODY WEIGHT ROUTINE (230 reps)

1. PULLOVER TOE TOUCH 2 x 15



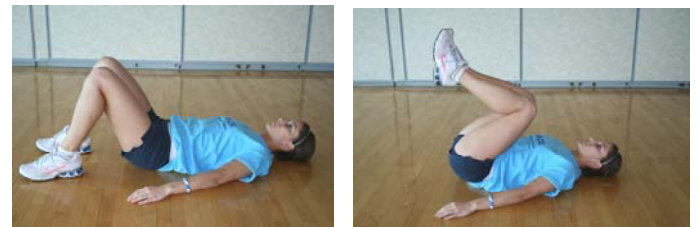
5. FLOOR CRUNCH 1 x 25



2. BICYCLE CRUNCH 2 x 20



6. REVERSE CRUNCH 1 x 25



3. SUITCASE CRUNCH 2 x 15



7. SUPERMAN 15 right / 15 left



4. OBLIQUE CRUNCH 25 right / 25 left



These exercises are intended for healthy populations and should not be taken as treatment for injuries unless prescribed by a health professional.