

CORE TRAINING: MEDICINE BALL LEVEL # 4 of 6 (230 reps)

1. PULLOVER CRUNCH 2 x 15



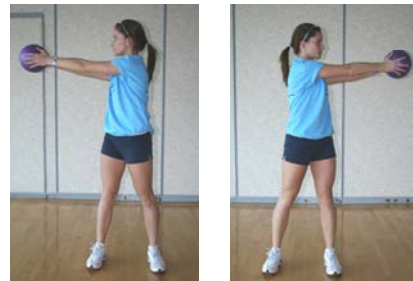
5. CRUNCH 1 x 30



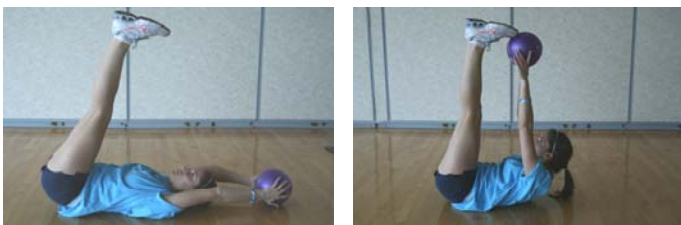
2. RUSSIAN TWIST 1 x 30



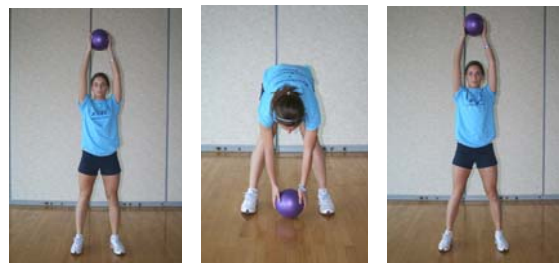
6. STANDING RUSSIAN TWIST 1 X 30



3. PULLOVER CRUNCH (TO TOES) 2 x 15



7. WOOD CHOPPERS 2 x 10



4. RUSSIAN TWIST 1 x 30



8. TWIST & PUNCH 15 right / 15 left



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

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