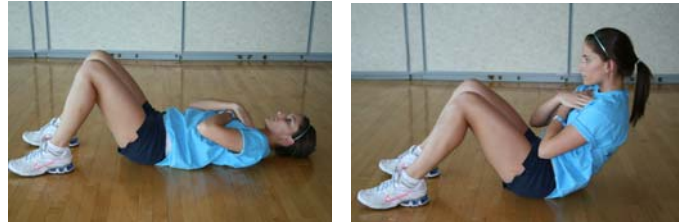


CORE TRAINING: MEDICINE BALL LEVEL # 6 of 6 (260 reps)

1. CRUNCH (ball above chest) 2 x 15



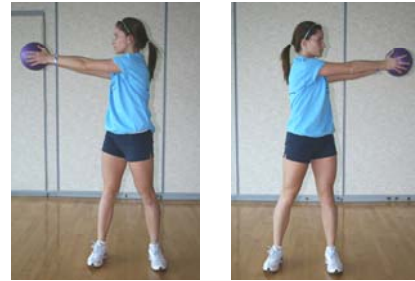
5. CRUNCH 2 x 15



2. OBLIQUE CRUNCH 2 x 20



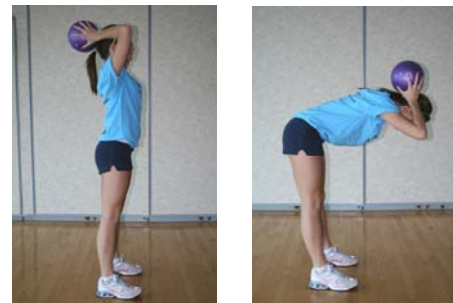
6. STANDING RUSSIAN TWIST 1 X 30



3. REVERSE CRUNCH 2 x 15



7. GOOD MORNING 2 x 15



4. BICYCLE CRUNCH 2 x 20



8. TWIST & PUNCH 15 right / 15 left

