

Feel the Burn 500!

1. Bicycles- 90
2. Crunches- legs at 90 deg.- reach nose to sky- 80
3. Russian twists- 70
4. Toe Touches- 60
5. Regular Sit ups- slow and controlled- 50
6. Row Boats-40
7. Cross Sit ups- Right arm to left knee and Left are to right knee- 15 each- 30
8. Hip Thrusts- aka butt ups - 20
9. V-Ups-10
10. 90 degree knee reaches (Slow and controlled)- 10
11. Super Mans- 20
12. Alternate Limb R/L- 20 (10 each arm with opposite leg)