

Twice Thru'

1:30 Min Work. [:30 Sec. of each exercise] :30 Rest

Smooth transition from one exercise to the next.

- 1. Crunches** [Knees at 90°, Hands stacked above chest pointing straight up]
Heal taps in the Crunch position.
With the Knees at 90° and shoulders off the ground, tap the heels down and up alt. legs
Reverse Crunch

- 2. ½ Plank mountain climbers with a twist.**
Right Knee to Left Elbow then Left Knee to right Elbow ASO. Keep back Flat
½ Plank
Washing Machines in the ½ Plank position

- 3. Round 1. Y-Hold Round 2. W-Hold [Squeeze shoulder blades together]**
Backburns Both Rounds
Round 1. **Swimmers** Round 2 **Superman Pumps**

- 4. Crunches with feet in the butterfly position**
Soles of feet together, knees out
Full Sit ups with feet in the butterfly position
Soles of feet together, knees out. Tap hands behind head and then in front of feet
Butterflies