

Twice Thru'

:30 Sec. Hold :30 Work :30 Rest [9/18]

:30 hold

:30 work

:30 Rest

- | | | | |
|----|------------|---|--|
| 1. | C-Hold | Row Boats
(Modification: Lean back on Elbows and just work legs) | |
| 2. | ½ Plank | Shredders | |
| 3. | 6 " Hold | Full Scissors
(Crossing Arms and feet) | |
| 4. | Y-Hold | Swimmers (Slow & High) | |
| 5. | V-Hold | Alt. V-Ups
(Keep back & arms & Legs off the ground) | |
| 6. | Full Plank | Up Downs
(Controlled, alt. arms which you go down on) | |