

ABs:

Incline Reverse Crunch (Incline Bench): 8

Reps

SS

Russian Twist (Weighted): 15 Reps SS

**Pikes (On Swiss Ball Bring Knees IN
toward Chest): 10 Reps**

SS

Bodyweight Overhead Crunches: 25 Reps

SS

Toe to Bar: 8 Reps

SS

Overhead Weighted Crunch: 10 Reps

5 Rounds: 60 sec rest