

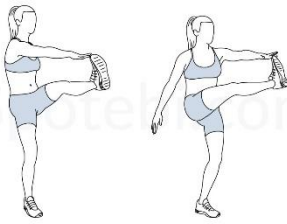
WORKOUT 2

WARM UP

*E.L (each leg)

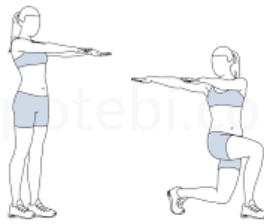
CICK CRUNCH

(1 min)



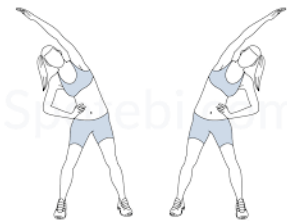
LUNGUE TWIST

(15 sec E.L)



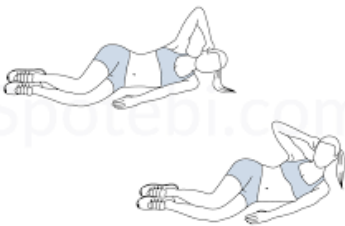
OBLIQUES STRETCH

(1 min)



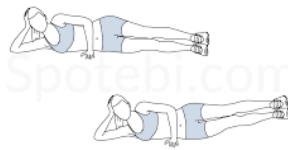
SIDE CRUNCH

(15 sec E.L)



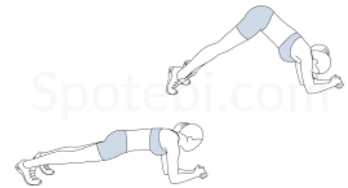
SIDE LEG LIFTS

(15 sec E.L)



INVERTED V PLANK

(1 min)



STANDING CROSS CRUNCHES

(1 min)



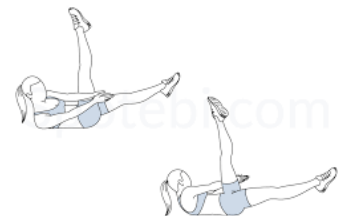
SINGLE LEG

(15 sec E.L)



STAR TOE TOUCH SITUPS

(15 sec E.L)



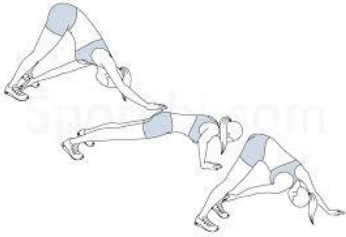
CIRCUIT

*1 min every exercise

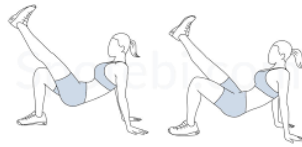
*Between exercises you have 15 to recover

* repeat the exercises 2 times

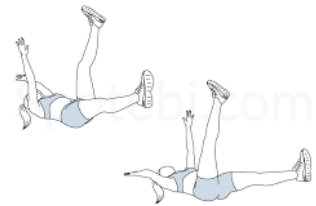
ANKLE TAPS THE PUSHUPS



CRAB KICKS



DEAD BUG



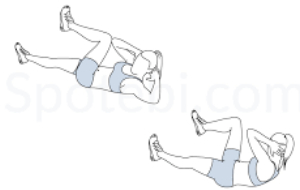
ABDOMINAL BRIDGE



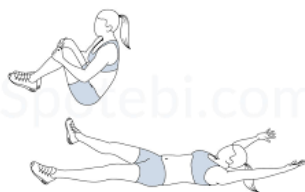
PULSE UPS



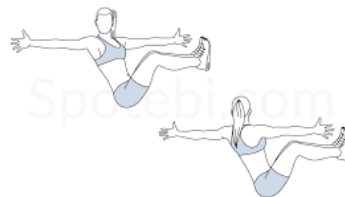
BICYCLE CRUNCHES



BENT LEG JACKKNIFE



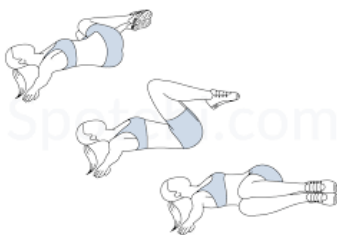
BOAT TWIST



CRUNCH CHOP



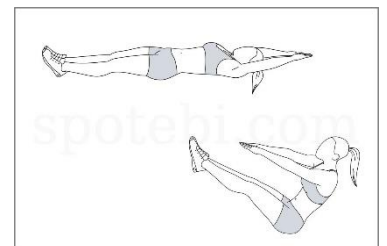
WINDSHIELD WIPERS



DOUBLE LEG STRECHT



V SIT



COOL DOWN

CAT-COW STRETCH

(1 min)



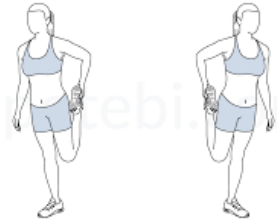
HIP FLEXIONS STRETCH

(15 sec E.L)



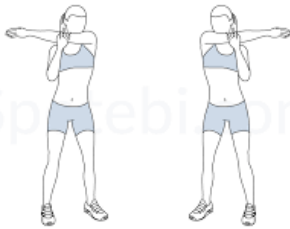
QUAD STRETCH

(15 sec E.L)



SHOULDER STRETCH

(15 sec E.L)



FORWARD BEND

(1 min)



LOWER BACK STRETCH

(1 min)



AB STRETCH

(1 min)



CHILD'S POSE

(1 min)

