

Crunch Time!

5/6/2020

Warm-up

3 rounds: 45 seconds on/15 seconds off

Forward lunge with twist:	https://www.youtube.com/watch?v=btsKBSnysqM
Toe tap crunches	https://www.youtube.com/watch?v=F0I0IZWXFCo
Slow Leg Raises	https://www.youtube.com/watch?v=Wp4BlxcFTkE
Swimmers	https://youtu.be/C2l18H6PX1g
Bicycle Crunches	https://youtu.be/eBZ4rdDjLFM
Glute Bridge Leg Raises	https://youtu.be/P7Ph5URn7Us
Plank Reach Through	https://youtu.be/k33cu7eha2E