Monday, 5/4

Silver/11+SS 4:15-5:00p

***Abs***

2x (10 min)

All :40 on/ :20 off

1. Plank
2. Crunches – bottoms of the feet together, reach through
3. Bird dog with elbow/knee touch
4. Plank to side plank back to regular plank then other side
5. Flutter kick on back

-2min Break-

2x (10 min)

All :40 on/ :20 off

1. Plank with walk side to side
2. Toe touches – on back, legs up straight
3. Russian twist, heels off the ground
4. Plank Jacks
5. Dead Bug – On back, legs up, knees bent arms point to ceiling, drop opposite arm/leg

-2min Break-

2x (10 min)

All :40 on/ :20 off

1. Plank with back leg lift
2. Bicycles
3. Penguins (on back, knees up, shoulders off ground, touch right/left foot)
4. Plank with up/up down/down
5. Full sit ups (get count and do more second time)