

SENIOR TEAM COVID-19 DRYLAND
Week 2 / Day 2
ABS/CONDITIONING

WARM UP:

(2 X):

30 x JUMP ROPE

30 X STREAMLINE JUMPS

10 X INCH WORK

10 X WORLD'S GREATEST (5 EA SIDE)

ABS

ALL EXERCISES X 45 REPS (OR ** 45 SEC HOLD)

- 1. CRUNCHES**
- 2. STRAIGHT LEG RAISES**
- 3. F.E. PLANK ****
- 4. RT. SIDE PLANK + LEG RAISE (SCISSOR)****
- 5. LEFT SIDE PLANK + LEG RAISE ****
- 6. CRAZY BUS DRIVER (RUSSIAN TWIST)**
- 7. FLUTTER KICKS ****
- 8. S.L. BICYCLES**
- 9. HEEL TOUCHES**
- 10. MAX SIT UPS (HOW MANY CAN YOU DO IN 45 SEC?)**