



**Saturday (3/21) -ABs/Fat Burn Cardio**

**Hanging Leg Raises- 5 X 5**

**Rope Crunches- 3X8**

**Side Oblique Cable Crunches- 4X6 (Each Side)**

**Swiss Ball Leg Crunch- (place feet on swiss ball and roll your knees to your chest) 2X12**

**Mountain Climbers- 1 set to Failure**

**Rest: 30 seconds between each rep**

**Bear Crawls**

**SS**

**Jumping Jacks**

**SS**

**Jumping Squats**

**SS**

**Walking Lunges**

**4 Rounds of 15 Reps Each: 45 second rest after each round**