lost fit
FIND YOUR STRENGTH

ABs & Fat Burn Cardio

Toe to Bar
SS
Reverse Leg Weighted Crunch (place strap around feet at bottom of apparatus) bring your trunk up and bring knees to your chest
3 sets 8-12 Reps 30 sec rest

Weighted Plank 60 sec hold
SS
Weighted Russian Twist- 15 Reps
4 sets 30 sec rest

Overhead Weighed Crunch (hold bar straight above your head)
SS
Hyperextensions
4 sets 8-12 Reps- 30 sec rest