



*BB Rollouts 4:1 Tempo 10 Reps*

*SS*

*Wood Choppers: 15 Reps*

*SS*

*Incline Russian Twist: 10 Reps 3:3 Tempo*

*SS*

*Hyperextensions: 25 Reps*

*SS*

*Hanging L-Sits: 10 Reps 3:1 Tempo*

*SS*

*Mountain Climbers: 40 Reps*

*SS*

*Side Oblique Crunches: 50 Reps each side*

*5 Rounds Total: 60 sec rest between each round*