

**ABs:**

**Windshield Wipers (On Bar): 8 Reps**

**SS**

**Incline Russian Twists (Weighted): 15 Reps**

**SS**

**Hanging Leg Raises: 20 Reps**

**SS**

**Bodyweight Russian Twist: 25 Reps**

**SS**

**Barbell Rollouts: 8 Reps**

**SS**

**Swiss Ball Leg Raises: 25 Reps**

**5 Rounds: 60 sec rest**