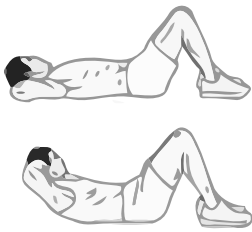


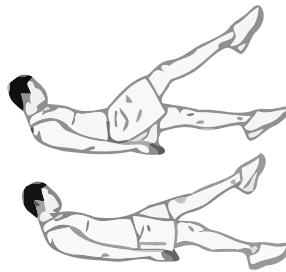


FAVORITE CORE - AB ROUTINE

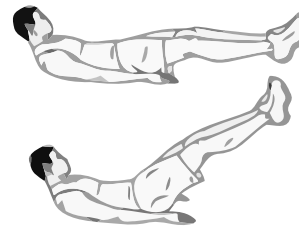
• • • **BEGINNER 3 Sets** **INTERMEDIATE 4 Sets** **ROCK STAR 5 Sets**
REST UP TO 2 MINUTES



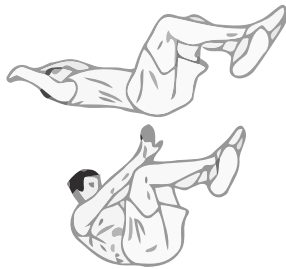
10 crunches



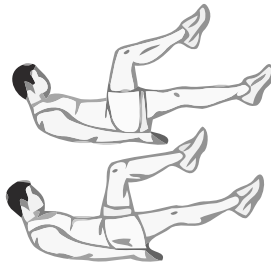
10 flutter kicks



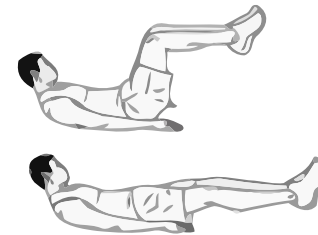
5 leg raises



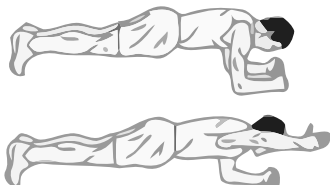
10 knee crunches



10 air bike crunches



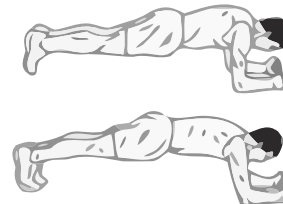
5 crunch kicks



10 plank arm raises



10-count elbow plank



5 body saw