

Abs

Exercise	Sets X Reps
SUPERSET	4 X
Cable Crunches	15
Bicycle Crunches	30
Leg Raises	15
SUPERSET	4 X
Plank on toes	30 sec
Side Plank	30 sec
SUPERSET	3 X
Mountain Climbers	20
Russian Twist	20

Complete each exercise in each superset group without rest. Rest 2 minutes and repeat group for 4 sets. Move on to next superset group.

Please note: For guidance on how to complete workout techniques refer to the Training Technique Glossary in the TWB Training Library.