

TW

SQUAT



10-15 squats, rest 1 minute,
then repeat 3-5 times.



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FLOOR PLANK

3 sets of 60 seconds, resting
for 1 minute in between.



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100 crunches, rest for 1
minute, then repeat 3-5
times.

CRUNCHES



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SIT UPS

15 sit ups! Rest for 1 minute,
then repeat 3-5 times.



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BURPEES

8-10 burpees. Rest for 1 minute,
then repeat 3-5 times.



LEG RAISES

30 leg raises. Stop for 1 minute,
then repeat 3-5 times.

