

# SQUAT

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





See more..



## FLOOR PLANK

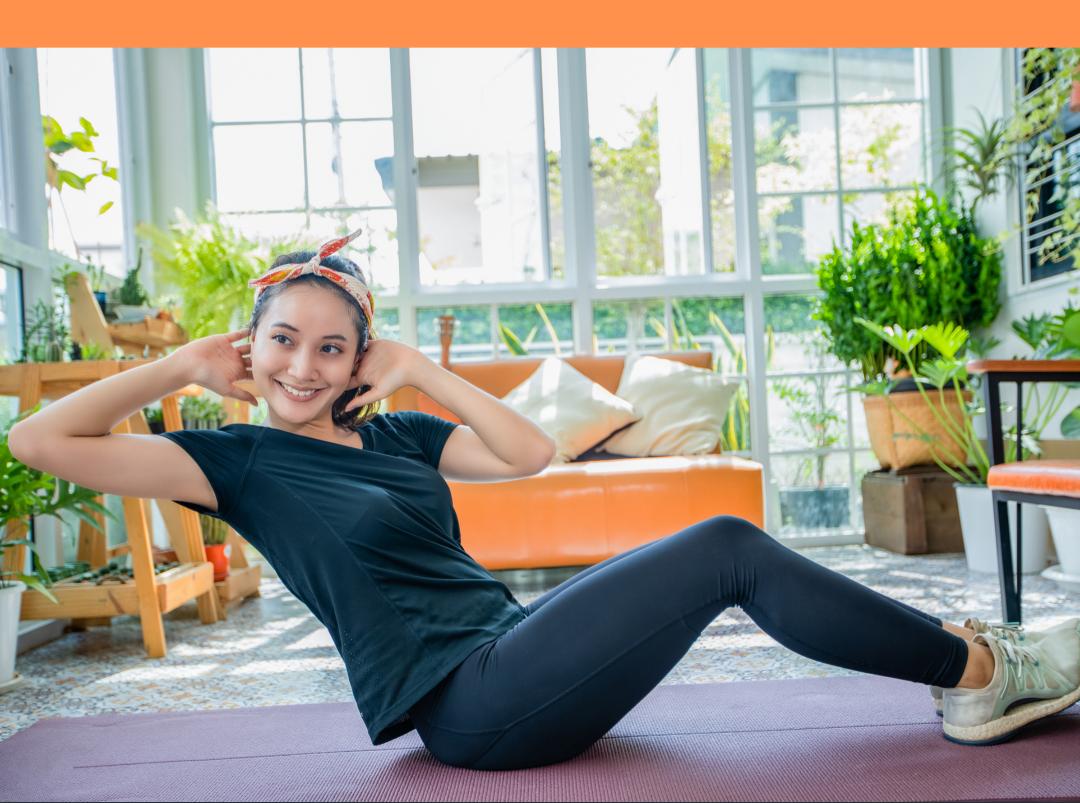
3 sets of 60 seconds, resting for 1 minute in between.





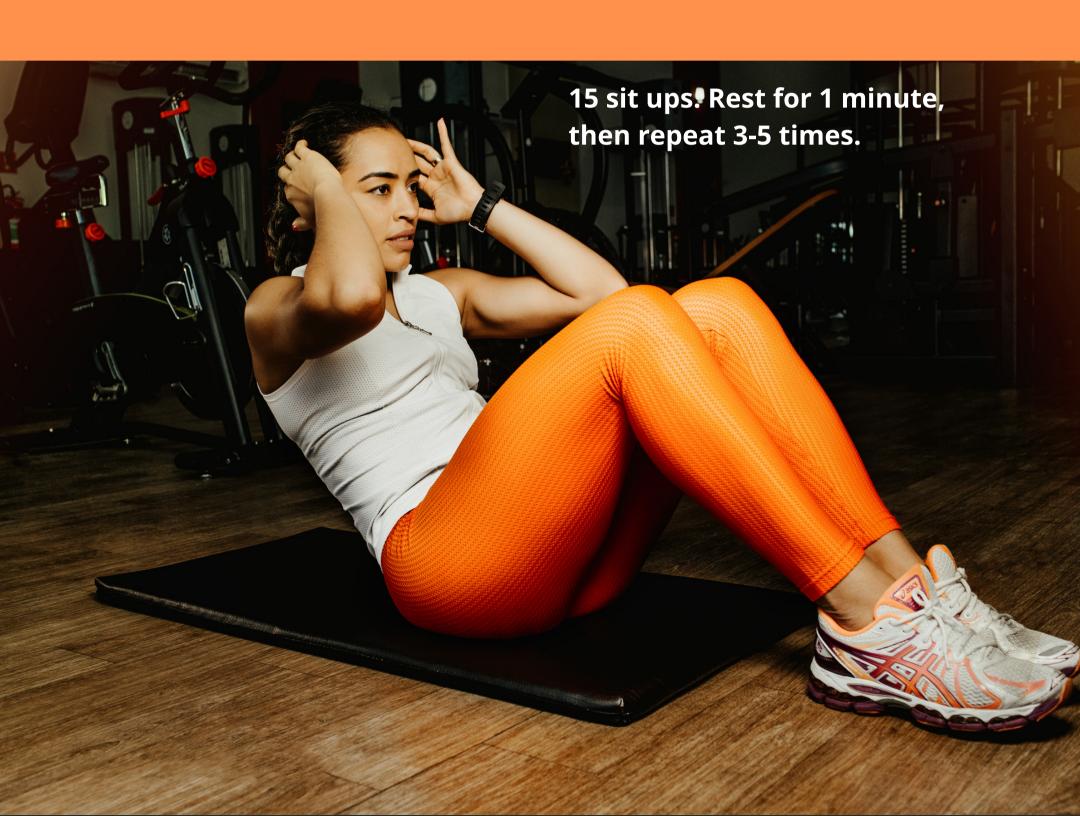
100 crunches, rest for 1 minute, then repeat 3-5 times.

## CRUNCHES





## SITUPS





### BURPES

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





#### LEG RAISES

