



Friday (2/28)

Wild Card Workout

AB Rundown:

Hanging Leg Raises: 20 Reps

SS

Roman Chair Twist (Weighted): 12 Reps

SS

Weighted Crunches 12 Reps

SS

Prone Jack Knives (grab Swiss ball and balance feet at end tuck legs into chest)

SS

Side Oblique Crunches (30 each side)

SS

BB Rollouts 12 Reps

SS

Wood Choppers (Cables) Weighted 15 each side

SS

Mountain Climbers (30 Reps)

3-5 Rounds 60-75 Sec Rest Inbetween