



Saturday (4/6) -Abs/FatBurn

25 X 50 Yrd Sprints- 25 Sec Rest

12 X 40 Yrd Sprints- 15 sec rest

10 X 40 Yard Grassers- 20 Yrd sprints (touch ground) sprint back 20 Yrds (15 sec rest)

ABS-

Hanging Leg Raises – 6 sets of 12 Reps – 30 sec rest

Weighted Incline Russian Twist- 6 sets of 12 Reps each side- 30 sec rest

Weighted Cable Crunches- 6 sets of 12 Reps Each Side- 30 sec rest

Side Oblique Cable Crunch- 3 sets of 30 Reps Each Side