



Friday (4/11) Wild Card Workout

AB Shred

Hanging Toe To Bar- Hang from bar and tuck your hips up towards your chest until your toes almost touch the bar

8 reps

SS

Incline Russian twist- 15 reps weighted

SS

Hanging Knee Tucks- 15 reps

SS

BB Rollouts- this motion is the same you would do with an ab roller, but instead use a barbell with weights- 10 reps

SS

Weighted Cable Crunch-10 reps

SS

Swiss Ball Leg Raises- 12 reps

SS

Cable Wood Choppers- 15 reps each side

SS

Planks- 1 minute hold

5 rounds- 60-90 sec rest between each round