



Lostfit Lactic: ABs Unleashed

Round 1:

**A1: Overhead Kneeling Crunch (Weighted) (Heavy) 6-8
Reps**

A2: Hanging Toe to Bar 12 Reps

A3: Incline Leg Raises 25 Reps

4 Rounds: 60 sec rest between each round

Round 2:

B1: Dragon Flys 6-8

B2: Cocoons 12 Reps

B3: Mountain Climbers 30 Reps

4 Rounds: 60 sec rest between each round