

CORE Complete WORKOUT

SET 1

CRUNCH



SUPERMAN



HEEL TOUCHES



TOE TOUCH



SIDE V CRUNCH



BEGINNER

10-15 REPS X 2 SETS

SET 2

REVERSE CRUNCH



OBLIQUE CRUNCH



FLUTTER KICKS



BIRD DOG



MOUNTAIN CLIMBER



INTERMEDIATE

10-15 REPS X 3 SETS

SET 3

V CRUNCH



SIDE PLANK



BRIDGE



PLANK



BIRD DOG KNEE TOUCH



ADVANCED

10-15 REPS X 4 SETS

SET 4

SIT UP



BICYCLE KICKS



BRIDGE AND REACH



HIP LIFT CRUNCH



RAISED LEG CRUNCH



RESTS BETWEEN SETS:

1 MIN MAX

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WE STRONGLY RECOMMEND YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE REGIMEN.

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