

TRAINING THE CORE (ADVANCED)

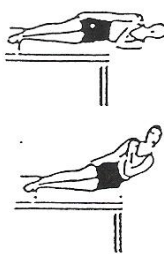
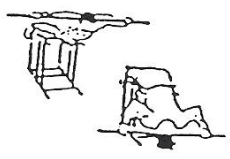
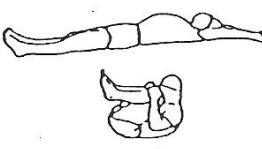
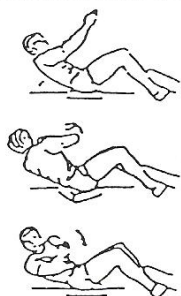
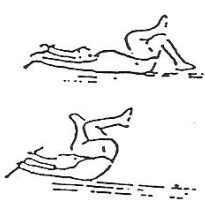
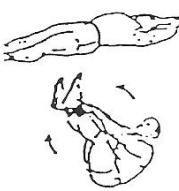
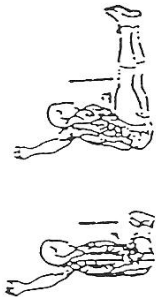
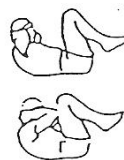
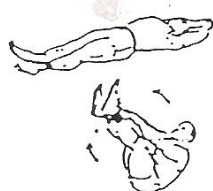
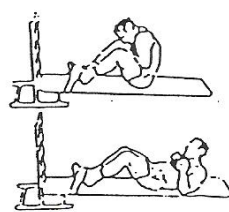

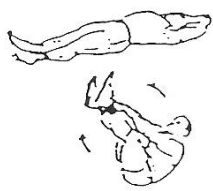
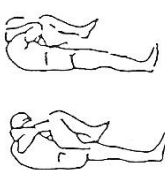

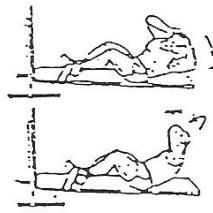

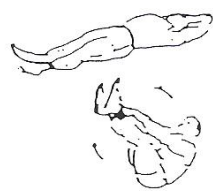
1. LATERAL SIT UPS X 20 (10 EACH SIDE)
2. HYPEREXTENSIONS X 10
3. LEG HUGS X 15
4. RUSSIAN TWIST X 20 (10 EACH SIDE)
5. HIP CURLS X 14 (7 EACH LEG)
6. JACK KNIFES X 10
7. REVERSE TRUNK TWIST X 20 (10 EACH SIDE)
8. CRUNCHES X 20
9. JACK KNIFES X 10
10. SIT UPS WITH WEIGHT ON CHEST X 16
11. CRUNCHES X 15
12. JACK KNIFES X 10
13. ALTERNATE LEG TWISTED SIT UPS X 16
14. CRUNCHES X 12
15. FIXED FEET, TWISTED SIT UPS X 20
16. CRUNCHES X 10
17. JACK KNIFES X 12

250 REPS

BEGIN WITH ONE SET OF ALL 17 EXERCISES FOR A TOTAL OF 250 REPS, TWO TO THREE TIMES A WEEK. THEN MOVE TO TWO SETS FOR A TOTAL OF 500 REPS. YOUR GOAL SHOULD BE TO DO AT LEAST THREE SETS FOR A TOTAL OF 750 REPS.

GET IN CONDITION SO THAT YOU TAKE NO LONGER BREAKS THAN 10 SECONDS BETWEEN EXERCISES.

TRAINING THE CORE (ADVANCED)

 <p>Lateral Sit Ups X 20</p>	 <p>2. Hyperextensions X 10</p>	 <p>3. Leg Hugs X 15</p>	 <p>4. Russian Twist X 20</p>	 <p>5. Hip Curls X 14</p>
 <p>Jack Knives X 10</p>	 <p>7. Reverse Trunk Twist X 20</p>	 <p>8. Crunches X 20</p>	 <p>9. Jack Knives X 10</p>	 <p>10. Sit ups with weight on chest X 16</p>
 <p>Crunches X 15</p>	 <p>12. Jack Knives X 10</p>	 <p>13. Alternate Leg Twisted Sit ups X 16</p>	 <p>14. Crunches X 12</p>	 <p>15. Fixed Feet, Twisted Sit ups X 20</p>
 <p>Crunches X 10</p>	 <p>17. Jack Knives X 12</p>	<p>Total: 250 Reps</p>		