Core Phase 2

Day 1

Alternate Superman Plank 2x40 (20 each side, 40 total=1 set)
Alternate Hand to Foot Sit Up 2x25
Weighted Sit Up 2x30
Weighted Russian Twist 2x50 (25 each side, 50 total=1 set)
Superman’s 2x30

Day 2

Plank Jacks 2x25
Captain's Chair Leg Raise 2x25
Bicycle 2x60 (30 each side, 60 total=1 set)
Side Plank with Dips 2x50 (25 each side, 50 total=1 set)
Hyperextensions 2x25

Day 3

Plank Hold for 1 min-2 times.

Alternating Leg Raises 2x40 (20 each side, 40 total=1 set)
Weighted Decline Sit Ups 2x25
Cross Over Sit Up 2x50 (25 each side, 50 total=1 set)
Barbell Good Mornings 2x20