







<b>Core Complex 1</b>		<b>Core Complex 2</b>		<b>Core Complex 3</b>
Hanging Knee Raise 2x25		Hanging Knee Raise 2x25		Reverse Crunch 2x25
Crunches 2x50		Scissor Kick Twist 2x25		Side Crunches 2x25 (one set each side)
Superman 2x20		Low Back Extension 3x15		Superman 2x20