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Week 13 Friday

ABS

Circuit One	2x7min	Circuit Two	2x7min
Ab Bikes	40 REPS 20 PER SIDE	Side Crunches (On Side)	30 REPS 15 PER SIDE
			
Snap Jumps	20 REPS	Skipping	50 REPS
			
X Mountain Climbers	40 REPS 20 PER SIDE	Toe Taps	30 REPS
		 <div>5-10 KG</div>	
Weighted Bent Leg Jackknives	20 REPS	Straight Leg Sit Up + Twist	30 REPS 15 PER SIDE
 <div>5-10 KG</div>			

Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 13 Saturday - REST DAY

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