

Rotation 4 (22min) September/October

Abs and back in 15min, each exercise lasts for 30sec with two sets of each exercise

1. Mama Russia
2. Butt Lift
3. Third Backups
4. Upper Six Packen
5. Grabbern
6. Sparkles
7. Mama Russia
8. Canadian Hedge
9. Seal
10. Side -situps left
11. Side -situps right
12. Teapot AKA Teapotleft
13. Sidegrabbern left
14. Sidegrabbern right
15. Teapot AKA Teapotright

6 min plank:

1. Regular plank 1min
2. Side plank right 30sec
3. Side plank left 30sec
4. Reverse plank 1min
5. 1 min Zombie Dog - lifting arm, then lift the leg, then lifting arm and leg simultaneously
6. Side plank left 30sec
7. Side plank right 30sec
8. Regular plank 1min