

Rotation 5 (24min) November/December

Ab / Back / plank in 24min 50sec on and 10sec rest

1. Upper Six Packen
2. Baby Backups
3. Back plank
4. Mama Russia
5. Topsy Airplane
6. Sideplank left
7. Grabbern
8. Sparkles
9. Sideplank right
10. Canadian Hedge
11. Cross Backs
12. Everest Mt Climbers
13. Side Sit every other side (cross situps)
14. Hello every other side
15. Plank
16. Side sidesitups left
17. Teapot right
18. Zombie Dog Arms - The plank with lifting every other arm every 5 sec
19. Side sidesitups right
20. Teapot left
21. Zombie Dog Legs - The plank with lifting every other leg every 5 sec
22. Butt Lift
23. Third Backups
24. Zombie Dog - The plank with a diagonal arm and leg every 5 sec