

Rotation 6 (21min) Ski Season

Ab / Back / plank in 30sec x 2, 45sec x 2, 45sec x 2, 1min x 2 with 1 min rest between sets

30 sec per exercise x 2, total 3min

1. Mama Russia
2. Third Backups
3. Everest Mountain Climbers (very slow mountain climbers)

1min break

45 sec per exercise x 2, a total of 4min, 30sec

4. Grabbern
5. Sparkles
6. Side plank right-left-right

1min break

45 sec per exercise x 2, a total of 4min, 30sec

7. Cross Situps
8. Teapot right-left-right
9. Side plank left-right-left

1min break

1 min per exercise x 2, total 6min

10. Crunches
11. Teapot left-right-left
12. Regular plank