

Rotation 3 (30min)

Abs – 15min: 2Xeach set in order with 30 seconds/exercise (3min/set). 30sec rest between sets.

1. Crunches
2. Figure 4 Left
3. Figure 4 Right

1. Mama Russia
2. Cherry Pickers
3. Bridge Lift

1. Grabbern
2. Butt Lift
3. Bicycle

1. Side sidesitups left
2. Side leg lift left
3. Sidegrabbern left

1. Side sidesitups right
2. Side leg lift right
3. Sidegrabbern right

Back 9min: 2XEach set in order with 30 seconds/exercise (3min/set). 30sec rest between sets.

1. Baby Backups
2. Seal
3. Third Backups

1. Mermaid
2. Sparkles
3. Cross Backs

1. Back Plank
2. Teapot AKA Sierra's Bane left
3. Teapot AKA Sierra's Bane right

6 minutes plank:

1. 1 min plain plank
2. 1 min Zombie Dog - lifting arm, then lift the leg, then lifting arm and leg simultaneously
3. 1 min right side, with leg lift the last 30 sec
4. 1 min left side, with leg lift the last 30 sec
5. 1 min plain plank with 10 Marit Bjorgen
6. 1 min Everest Mountain Climbers plain plank with 5 knee to elbow on each side