

## Rotation 1 (22min) (March/April)

Start with 10 minutes of abdominal exercises. Do 30 seconds on each exercise.

### Abs:

1. Dragon tongue Situps (left)
2. Dragon tongue Situps (right)
3. Thirds Situps
4. Scissors.
5. Bent leg Crunches
6. Upper Six-Packen
7. Mama Russia
8. Fast up slow down situps
9. Straight leg cross
10. Figure 4(right)
11. Figure 4 (left)
12. Side sidesitups (right)
13. Side sidesitups (left)
14. Grabbern
15. Canadian Hedge
16. Extended butt lift
17. Windshield
18. Cherry pickers
19. Sidegrabbern (right)
20. Sidegrabbern (left)
21. Bicycle

Then 5 minutes back, 30 seconds on each exercise, 10 exercises

1. Cobra
2. Baby Cobra
3. Hello
4. Cross backs
5. Seal
6. Sparkles
7. Mermaid
8. Third Backups
9. Teapot (Right)
10. Teapot (Left)

### 5 minutes of 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, then lift top leg the last 30 sec
4. 1 min left side , then lift top leg the last 30 sec
5. 1 min Everest Mountain Climbers - plain plank with 5 knee to your elbow on each side (slow)