

Rotation 2: (24min) (May/June)

12 exercises for 50 seconds, then 10 seconds rest

1. Upper Six-Packen
2. Fast up/slow down situps
3. Bridge Lift
4. Grabbern
5. Side Situps (Left)
6. Side Situps (Right)
7. Canadian Hedge
8. Butt Lift
9. Mama Russia
10. Crunch (fast up/slow down)
11. Teapot Left
12. Teapot Right

6 exercises for 50 seconds, then 10 seconds rest

1. Cobra
2. Topsy Airplane – Grandma backups
3. Mermaid – Let lifts
4. Seal
5. Sparkles
6. Third Backups

6 minutes of plank:

1. 1 min plain plank
2. 1 min Everest Mountain Climbers plain plank with 5 knee until your elbow on each side
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 Zombie Dog - lifting arm, then lift the leg, then lifting arm and leg simultaneously
6. 1 min plain plank