

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

10 exercises for 50 seconds, then 10 seconds rest

1. Baby Crunches – upper six packen
2. Fast up/slow down situps
3. Bridge Lift
4. Grabbern
5. Side Situps (Left)
6. Side Situps (Right)
7. Coconut Pickers
8. Butt Lift
9. Grandma Situps
10. Crunch (fast up/slow down)

8 exercises for 50 seconds, then 10 seconds rest

1. Back lift
2. Tipsy Airplane – Grandma backups
3. Mermaid – Let lifts
4. Seal
5. Sparkles
6. Third Backups
7. Teapot AKA Sierra's BaneLeft
8. Teapot AKA Sierra's BaneRight

6 minutes of plank:

1. 1 min plain plank with 10 Marit Bjorgen
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