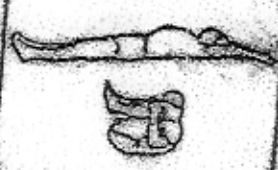




1. Lateral Sit Ups
X 20



2. Hyperextensions
X 10



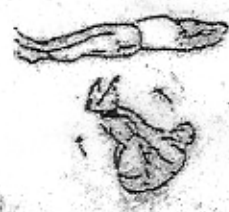
3. Leg Hugs
X 15



4. Russian Twist
X 20



5. Hip Curls
X 14



6. Jack Knives
X 10



7. Reverse Trunk
Twist
X 20



8. Crunches
X 20



9. Jack Knives
X 10



10. Sit ups with
weights on ankles
X 15



11. Crunches

X 15



12. Jack Knives

X 10



13. Alternate
Leg Twisted
Sit ups

X 16



14. Crunches

X 12



15. Fixed Feet,
Twisted Sit ups

X 20



16. Crunches

X 10



17. Jack Knives

X 12

Total:
250 Reps