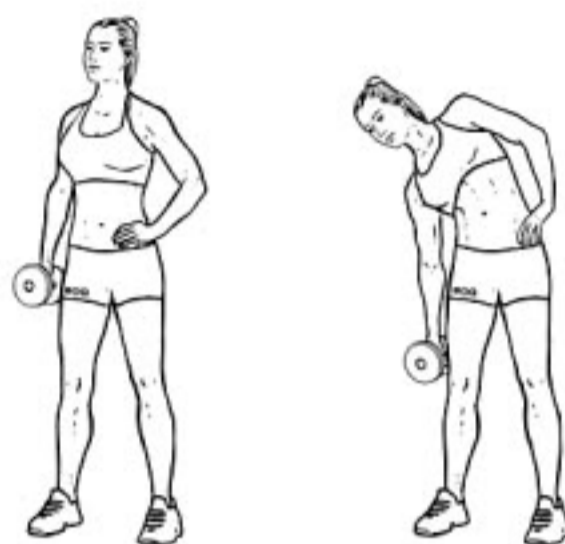


PRINTABLE WORKOUT

ABS



Alternate Heel Touchers
3 sets / 20 reps



Dumbbell Side Bend
3 sets / 20 reps



Weighted Twist
3 sets / 15 reps



Lying Leg Raise
3 sets / 15 reps



Leg Pull-In Knee-up
3 sets / 15 reps



Kettlebell Windmill
3 sets / 10 reps

