



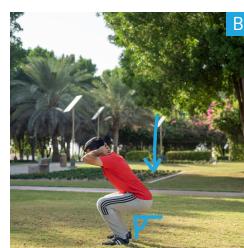
#### Abs

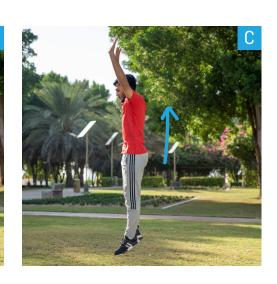
- jump squats x 12
  - $\textbf{push ups} \times 10$
  - $plank \times 1 min$ supermans × 10
- mount climbers × 20

4 SETS

## **JUMP SQUATS** x 12



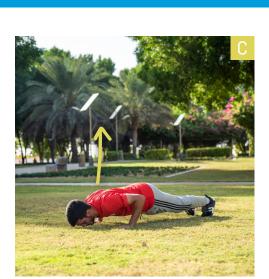




### PUSH UPS × 10







PLANK x 1min



# **SUPERMANS** × 10







# MOUNT CLIMBERS x 20

