



Exercise	Base Prescription		Day 1:		Day 2:		Day 3:	
Circuit 3 Rounds								
Oblique Crunch								
	Set Wgt (I	s) Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
Left	1 0.0	20						
Oblique Crunch								
	Set Wgt (I	s) Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
Right	1 0.0	20				-		
Oblique Crunch								
	Set Wgt (II	s) Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
Left	1 0.0	20				ropoulono		
Oblique Crunch		1		1				<u>_</u>
	Set Wgt (II		Mark (lls a)	Denetitiene		Denstitiens	\A/=+ (ll==)	Denetitiene
Right	Set Wgt (II 1 0.0	s) Repetitions 20	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
Russian Twist				<u> </u>				
	Set Wgt (II	s) Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
	1 0.0	20						
Rest between rounds: 60 sec								