

cnt...

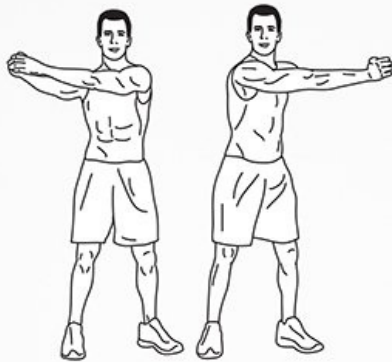
standing abs

repeat 5 times | up to 2 minute rest between sets

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20 knee-to-elbows



20 side-to-side chops



10 cross chops



20 high knees



20 twist jumps



10 side leg raises