CORE 2 (SWISS BALL)

WEEK 1- 30 REP WEEK 2- 2 X30 REP		WEEK 1- 30 REP (15 EACH SIDE) WEEK 2- 2 X30 REP (15 EACH SIDE)	
WEEK 1 - HOLD 60 SEC WEEK 2 - HOLD 60 SEC		WEEK 1- 30 REP WEEK 2- 2 X30 REP	SACRET AND ADDRESS OF THE PARTY
WEEK 1- 30 REP (15 EACH SIDE) WEEK 2- 2 X30 REP (15 EACH SIDE)		WEEK 1- 30 REP (15 EACH SIDE) WEEK 2- 2 X30 REP (15 EACH SIDE)	
WEEK 1- 30 REP WEEK 2- 2 X30 REP	- OI	WEEK 1- 30 REP (15 EACH SIDE) WEEK 2- 2 X30 REP (15 EACH SIDE)	
WEEK 1- 30 REP WEEK 2- 2 X30 REP	- Odr	WEEK 1- 30 REP WEEK 2- 2 X30 REP	
WEEK 1- 30 REP WEEK 2- 2 X30 REP			