

# Beginners workout

## Day 5

notes :

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

<a href="https://youtu.be/G9_iZvSVWGA">https://youtu.be/G9_iZvSVWGA</a>	1 minute	warm up
<a href="https://youtu.be/zh9jYIKL5r4">https://youtu.be/zh9jYIKL5r4</a>	1 minute	Stretch
<a href="https://youtu.be/h4bo6S02BWY">https://youtu.be/h4bo6S02BWY</a>	Sets 3 reps 15-12-10	<b>Abs</b> Abs Crunch
<a href="https://youtu.be/O86o1L8JX-M">https://youtu.be/O86o1L8JX-M</a>	Sets 3 reps 10-10-10	<b>Abs</b> Leg raise
<a href="https://youtu.be/YCK_ZpDSwS4">https://youtu.be/YCK_ZpDSwS4</a>	Sets 3 reps 15-15-15	<b>Abs</b> Leg raise
<a href="https://youtu.be/s1kyl9MdtFU">https://youtu.be/s1kyl9MdtFU</a>	Sets 3  20 seconds each set	<b>Abs</b> Russian Twist

<a href="https://youtu.be/meQ_mIIZ4vQ">https://youtu.be/meQ_mIIZ4vQ</a>	Sets 2  30 seconds each set	<b>Abs</b> <b>Plank</b>
<a href="https://youtu.be/91wPNPz0FZ4">https://youtu.be/91wPNPz0FZ4</a>  Alternative cardio  <a href="https://youtu.be/n1jjb68YOy4">https://youtu.be/n1jjb68YOy4</a>	20 minutes	<b>Cardio</b>