

Pro workout

Day 4 / Thursday

notes :

rest time between sets 1 minute

rest time between exercises 2 minutes

https://youtu.be/4XfB4jlhfMY	5 minute	warm up
https://youtu.be/zh9jYIKL5r4	30 sec	Stretch
https://youtu.be/8grmNgUAtnA	Sets 3 30 sec each set	Abs Jack knife
https://youtu.be/08SQcvbUdns	Sets 3 reps 15-15-12	Abs Hanging Leg raise
https://youtu.be/9UFPk33Ud9Q	Sets 3 30 seconds each set	Abs Spider man plank
https://youtu.be/iWDw0R7a0iE	Sets 3 30 seconds each set	Abs Leg twist
https://youtu.be/VawjeQmpUJQ	Sets 3 reps 10-10-10	Abs Side crunch

	weights 5 kg	
https://youtu.be/91wPNPz0FZ4	20 minutes	Cardio Stairmaster machine