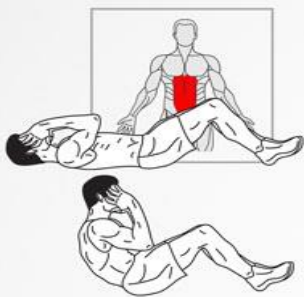


# total abs

**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



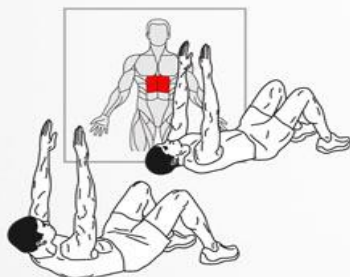
**20** sit-ups



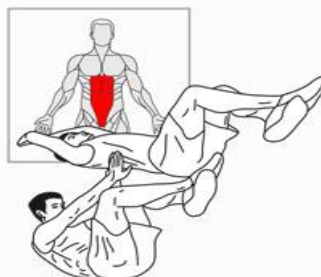
**20** reverse crunches



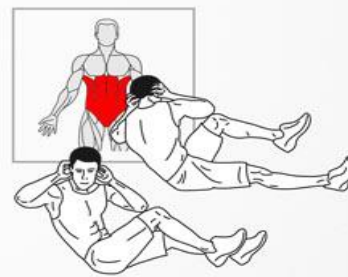
**20** sitting twists



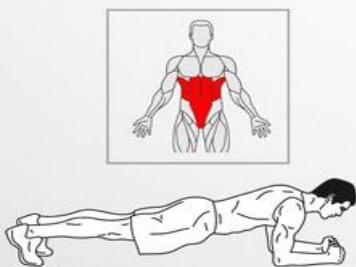
**20** high crunches



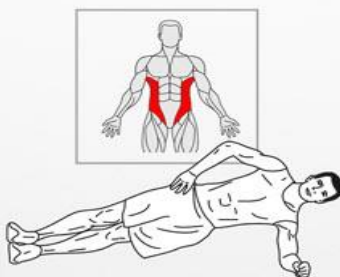
**20** knee crunches



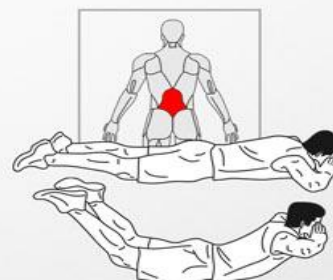
**20** knee-to-elbow crunches



**20sec** elbow plank



**20sec** side elbow plank

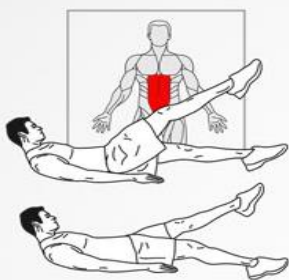


**5** back extensions

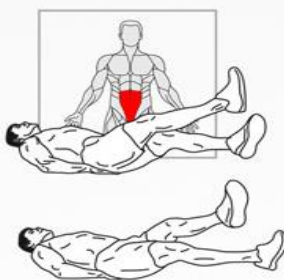
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

# Master Pack

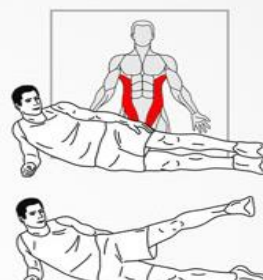
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



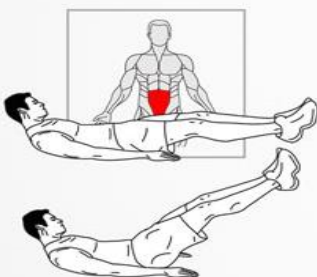
**20** flutter kicks



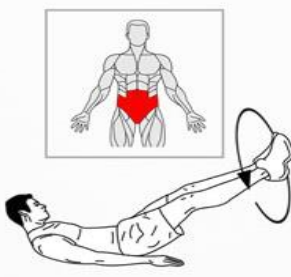
**20** scissors



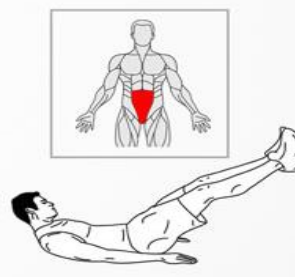
**20** side leg raises



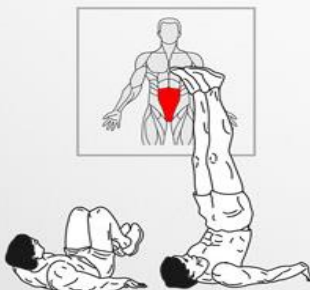
**10** leg raises



**10** raised leg circles



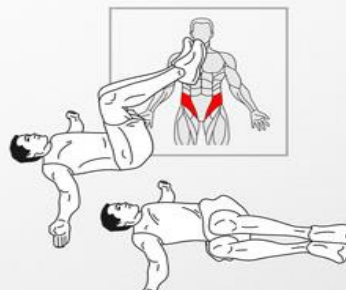
**20sec** raised leg hold



**10** butt-ups



**10** knee-in & twist



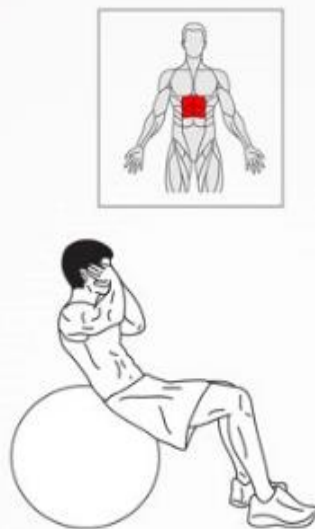
**10** half wipers

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



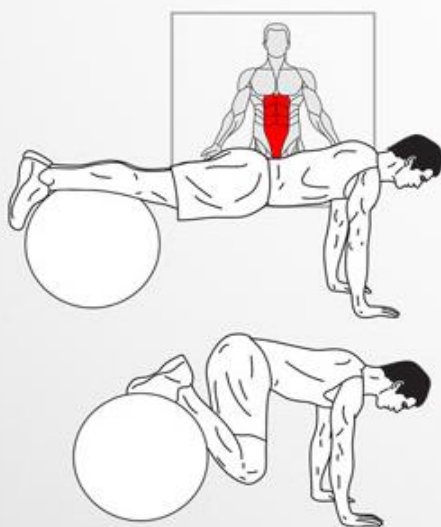
**20** crunches  
**20** crunches



**20-count** crunch hold  
**20-count** crunch hold



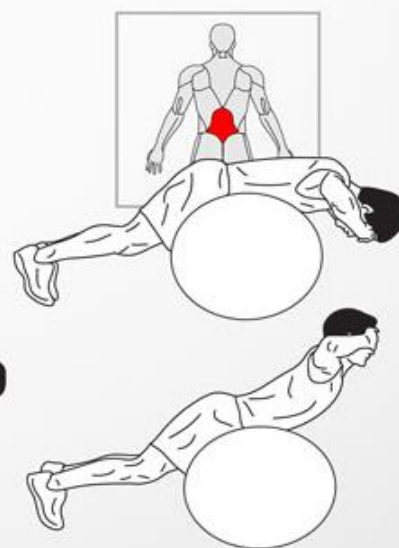
**20** cross crunches  
**20** cross crunches



**10** reverse crunches



**10-count** plank



**10** back extensions

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30