

DAY 17 (HIIT - High Intensity Interval Training with Core Work)

DB = Dumb Bell

SB = Stability Ball

30 Seconds SB Stir the Pot

30 Seconds SB Reverse Crunches

>> 4 Rounds <<

30 Seconds Inchworms

30 Seconds DB Saturn Rings

>> 4 Rounds <<

30 Seconds Reptiles

30 Seconds around the Worlds

>> 4 Rounds <<

30 Seconds Walking Side Planks (5:5)

30 Seconds DB Toe Touches

>> 4 Rounds <<

30 Seconds SB Pikes

30 Seconds SB Pass Through

>> 4 Rounds <<

30 Seconds SB Rollouts

30 Seconds SB Crunches

>> 4 Rounds <<

30 Seconds Up and Down Planks

30 Seconds Bicycle Crunches

>> 4 Rounds <<