

Super Circuit (short)

Part 1

Ab Routine

Exercise#1: _____ work 40, rest 20

Exercise#2: _____ work 40, rest 20

Exercise#3: _____ work 40, rest 20

Exercise#4: _____ work 40, rest 20

Do exercise #1 for 40 seconds, then rest 20 seconds and move to #2, then #3, then #4.

Rest 1:00 and repeat for a total of 2 times through

Part 2

Objective: Do each exercise for 30 seconds and rest 15. Be sure to start next movement on time!

Super Circuit (short)

Exercise#1: _____ work 30, rest 15

Exercise#2: _____ work 30, rest 15

Exercise#3: _____ work 30, rest 15

Exercise#4: _____ work 30, rest 15

Exercise#5: _____ work 30, rest 15

Exercise#6: _____ work 30, rest 15

Do exercise #1 for 30 sec rest for 15, then do #2, then #3, Then #4, Then #5, Then #6

Do this for 5 times through (no rest between).