

## EYE OF THE STORM

ELBOW PLANK

:28 BODY SAW (19)

:56 PLANK UP/DOWN (8X)

1:18 PLANK HOLD

1:40 PUSH-UPS/ PULL KNEE IN 4&4 2X

2:05 SIDE PLANK HOLD 4 count

OR HIP DROP TWIST 3X

2:30 OTHER SIDE – hip drop twist 3x

HOLD PLANK

2:50 ROLL TO BACK

2:56 PULSE UP 4; HOLD UP 4 4X

3:18 KNEES IN CROSS CRUNCH SIDE TO  
SIDE OR BICYCLE 14X

3:40 JACK KNIFE TO BANANA HOLD 4X

4:00 LEGS UP DROP 4ct up; 4 ct hold 6x

4:35 FULL BODY CRUNCH SHOOT OUT

10X KNEES IN CRUNCH UP 16X

STRETCH OUT LONG