



WORKOUT ROUTINES

Marvin Burton

Please perform 10 – 20 reps of each exercise to complete one 'set' and complete 3 'sets' in total for each workout routine.

Workout Routine One

Low Intensity

1. Plank (On Elbows)
2. Leg Scissors
3. Basic Crunch
4. Bridge
5. V Sit Crunch
6. Ankle Touch

Workout Routine Two

Medium Intensity

1. Plank (Moving Forwards and Backwards)
2. Walk Out
3. Obliques Crunch
4. Roll into a Ball
5. Leg Crossovers
6. Reverse Curl

Workout Routine Three

High Intensity

1. Rotations with Water Bottle
2. Water Bottle Drag
3. Table Top Water Balance
4. Water Bottle Pullover
5. Water Bottle Pullover Leg Slide
6. Water Bottle Overhead Lean