

EXERCISE MAT

4 weeks / 2-4 times a week

ADVANCED

SET 1



Air squat	15-20 reps.
Knee to elbow crunch (each side)	15-20 reps.
Leg raises	15-20 reps.
Push-ups (on knees or toes)	15-20 reps.
Butterfly sit-ups	15-20 reps.

30-45 SECONDS BREAK BETWEEN EACH EXERCISE

TOTAL OF 4 SETS

SET 2



Plank	30 sec.
Shoulder taps	30 sec.
Burpee	30 sec.

30-45 SECONDS BREAK BETWEEN EACH EXERCISE

TOTAL OF 3 SETS

Note:
Before starting your workout please visit our warnings page. cool2workout/warnings. Always do a warming up and cooling down, and make sure your body is properly hydrated. Preferably leave one day rest in between workouts.