

EXERCISE WHEEL

4 weeks / 2-3 times a week

BEGINNER

SET 1



Ab wheel rollout

10 reps.

45 SECONDS BREAK BETWEEN EACH SET

TOTAL 3 SETS

SET 2



High plank

10-30 seconds

45 SECONDS BREAK BETWEEN EACH SET

TOTAL 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.