

EXERCISE WHEEL

4 weeks / 3-4 times a week

ADVANCED

SET 1



Ab wheel rollout

15 reps.

45 SECONDS BREAK BETWEEN EACH SET

TOTAL 4 SETS

SET 2



High plank

30-45 seconds

45 SECONDS BREAK BETWEEN EACH SET

TOTAL 3 SETS

SET 3

Ab wheel rollout

1 rep.

High plank

10 seconds

60 SECONDS BREAK BETWEEN EACH SET

TOTAL 2 SETS

Note:
Before starting your workout please visit our warnings page. cool2workout.com/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.

