

EXERCISE WHEEL

4 weeks / 3-5 times a week

PRO

SET 1



Ab wheel rollout

20 reps.

30-45 SECONDS BREAK BETWEEN EACH SET

TOTAL OF 4 SETS

SET 2



High plank

10 reps. each leg

30 SECONDS BREAK BETWEEN EACH SET

TOTAL OF 4 SETS

SET 3



Ab wheel rollout

1 rep.

High plank

10 seconds

NO REST IN BETWEEN - SWITCH LEGS

TOTAL OF 2 SETS

SET 4



Ab wheel rollout

reps. until failure

60 SECONDS BREAK BETWEEN EACH SET

TOTAL OF 2 SETS

SET 5



High plank

Hold until failure

TOTAL OF 1 SET

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.

