Overhead Weighted Crunches: 5 Reps (Heavy) 3:1 tempo
SS
Bodyweight Decline Crunches: 25 Reps
SS
Overhead Weighted Crunches: 5 Reps (Heavy) 3:1 tempo
SS
Hanging Leg Raises: 25 Reps
SS
Overhead Weighted Crunches: 5 Reps (Heavy) 3:1 Tempo
SS
Incline Russian twist 25 Reps
5 Rounds: 60 sec rest between each round