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FIND YOUR STRENGTH

Advanced Trainee

Barbell Weighted Crunch: 12 Reps: Tempo: 4:0:1
SS
Cable Wood Choppers: 15 Reps Each Side
SS
Hanging Leg Raises: 25 Reps
SS
Bodyweight Crunches: 25 Reps
SS
Weighted Incline Russian Twist: 15 Reps: Tempo: 4:0:1
SS
Weighted Planks (Heavy as you can): 1 min
5 Rounds: 75 sec rest between each round

Note: If you have a busy facility and you can't do one big giant set than separate them into supersets

Beginner Trainee

Overhead Weighted Crunch (Use a Plate that's challenging)– 10 Reps: 4:0:1 Tempo
SS
Cable Wood Choppers: 10 Each Side
SS
Bodyweight Crunches: 20 Reps
SS
Incline Weighted Russian Twist (Use a Plate that's challenging): 10 Reps: 4:0:1 Tempo
SS
Weighted Planks: hold for 1 min
4 Rounds: 75 sec rest between each round

*Note: If you have a busy facility and you can't do one big giant set than separate them into supersets