

GYM RETRO



CORE COMBO PROGRAM

EXERCISE

**-SETS
-REPS**

RECORDED WEIGHT

**EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO**

CARDIO WARM UP

5 - 10 MINS

HANGING LEG RAISES

**10 REPS
2-3 SETS**

CRUNCHES

**10 REPS
2-3 SETS**

BAR CRUNCHES

**10 REPS
2-3 SETS**

PULSE CRUNCHES

**30 REPS
2-3 SETS**

SIDE PLANK TWIST

**10 REPS - L-R
2-3 SETS**

CROSS OVERS

**10 REPS L-R
2-3 SETS**

LOWER BACK EXT

**10 REPS
2-3 SETS**



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK