

GYM RETRO



PROGRAM MIX 2

EXERCISE

-SETS -REPS

RECORDED WEIGHT

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

 STRETCH SEQUENCE

10 - 20 SEC
HOLD EACH POSE

 SINGLE LEG LIFTS

10 REPS
2 SETS

 LYING PULL OVER

10 REPS
2-3 SETS

 PULSE CRUNCHES

40 REPS
2 SETS

 PLANK SUPERMANS

10 REPS
2 SETS

 SQUAT HOLD

1-2 MINS
1 SET

 SPLIT STRETCH

COPY VID

 PLANK SUPERMANS

10 REPS
1 SET

 PULSE CRUNCHES

40 REPS
1 SET



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK