

PLANK



1.



HIPSTER



V-SIT TAP



JACKKNIFE



1.



2.



Regina Catholic Schools

CRUNCH



1.



2.



Regina Catholic Schools

SUPERMAN



1.



2.



Regina Catholic Schools

SIDE PLANK

(LEFT SIDE)

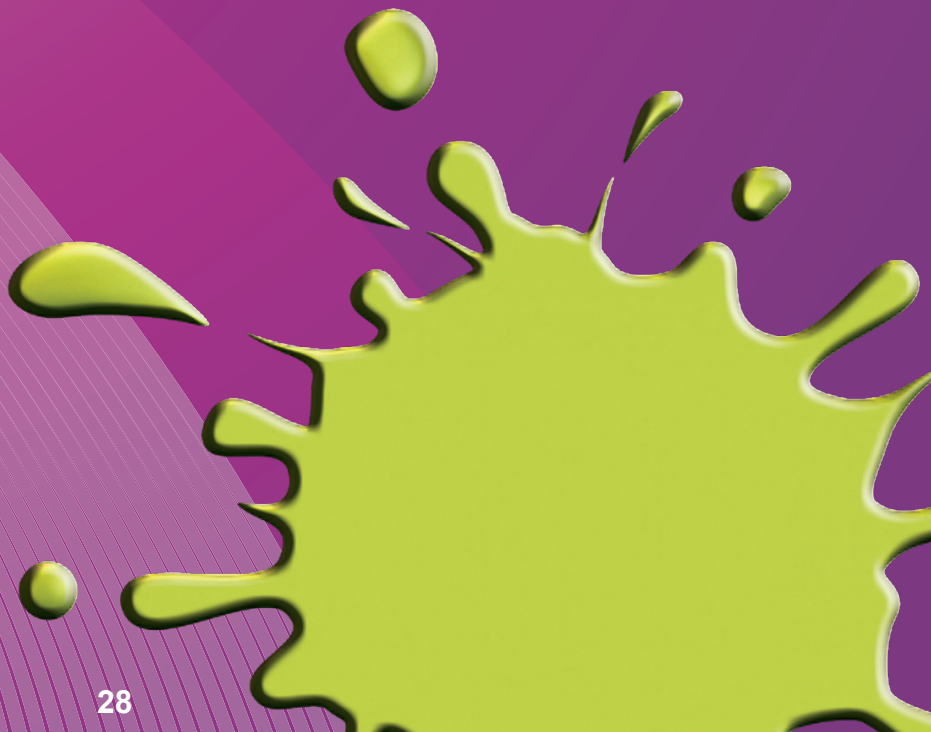


1.



SIDE PLANK

(RIGHT SIDE)



RUSSIAN TWIST

1.



2.



3.



4.



Regina Catholic Schools

Prone BALL ROLL OUT

1.



2.



Regina Catholic Schools

LEG RAISE

(two legs)

1.



2.



Regina Catholic Schools

THROW DOWN

1.



2.



Regina Catholic Schools

SIT UP



medicine Ball TWIST



2.



Medicine BALL SIT UP



1.



Regina Catholic Schools

BICYCLE



1.



2.



Regina Catholic Schools

LEG RAISE

(one leg)



BALL PASS OFF



1.



2.



3.



Regina Catholic Schools

BACK EXTENSION



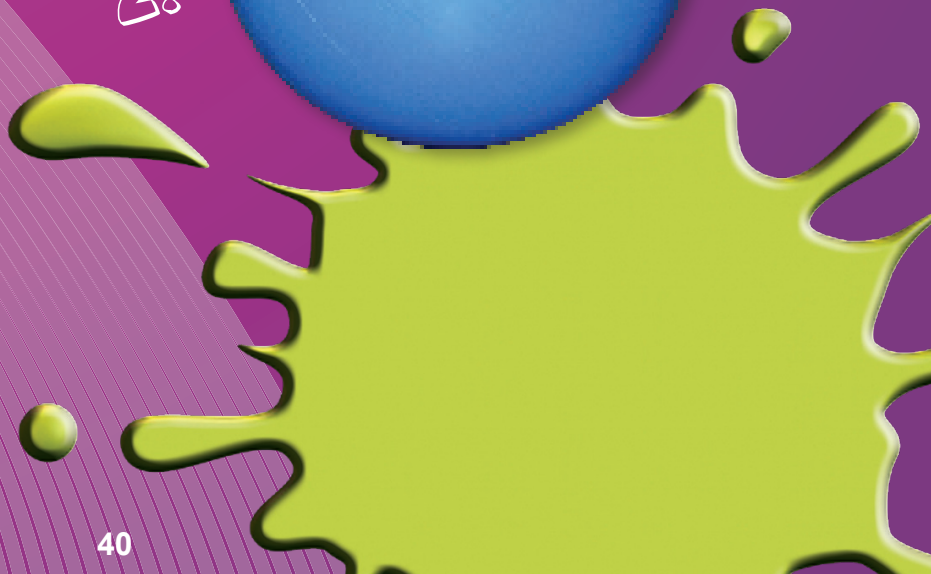
KNEELING



1.



2.



Regina Catholic Schools

KNEE DRIVE



WIPER

