

# Week 12 Friday

# ABS

## Circuit One

2x7min

### Snap Jumps

30 REPS



### Spider Push Ups

16 REPS  
8 PER SIDE



### Scissor Kicks

40 REPS  
20 PER SIDE



### Bench Hops

30 REPS  
15 PER SIDE



## Circuit Two

2x7min

### Straight Leg Raises (On Bench)

20 REPS



### Straight Leg Jackknives

20 REPS



### Weighted Bent Leg Jackknives

20 REPS



3-6 KG

### Burpee + Push Up + Bench Jump

15 REPS



Cool Down - Lower and Upper Body Stretch Routine (see page 84-85)

Week 12 Saturday - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Gratis 12 Week Training Guide Kayla

**Sabine Zange**

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