

SCISSOR KICK TO CRUNCH

Scissor kick 4x

Reaching oblique crunch 2x
(repeat 5 times)

PLANK COMBO

Plank - hold 8 counts

Knee to Elbow, Knee to chest,
pushup (Repeat Other Side)
(Repeat 4 times)

MOUNTAIN CLIMBERS TO BURPEE

Mountain Climbers 8x

Jump to Sumo Burpee 1x
(Repeat 4 x - check)

MODIFIED SIDE PLANK

Modified Side Plank with leg
lifts 8x

Repeat



SUMMER HOUSE MIX

Abdominal Workout

