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

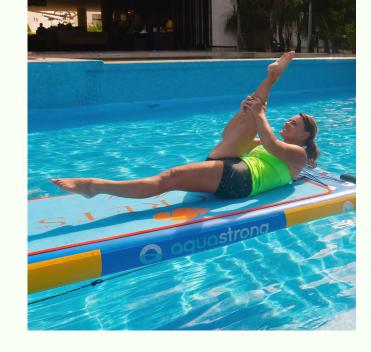
Jump to Sumo Burpee 1x

(Repeat 4 x - check)

MODIFIED SIDE PLANK

Modified Side Plank with leg lifts 8x







SUMMER HOUSE MIX

Abdominal Workout

