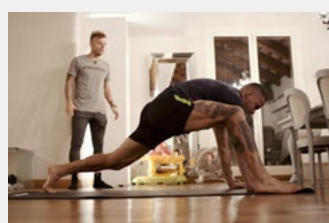
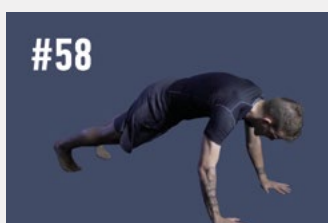


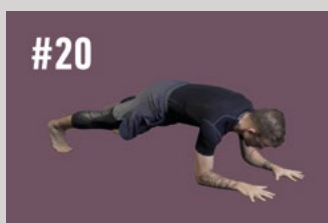
HOME WORKOUT WITH WILL

3 ROUNDS



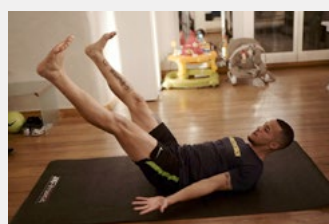
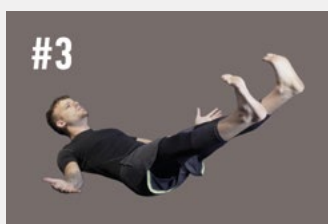
1. PLANK CRAWL + SPIDERMAN LUNGES

☒ B: 5 REP
I: 10 REP
A: 12 REP



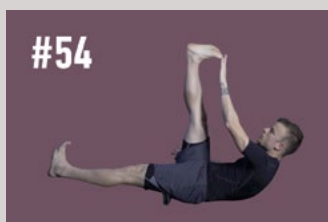
2. PLANK PUSH-UPS

☒ B: 5 REP
I: 10 REP
A: 15 REP



3. FRONTAL V HOLD + CIRCULAR LEG RAISES

⌚ B: 15 SEC PER LEG
I: 30 SEC PER LEG
A: 45 SEC PER LEG



4. CROSSOVER CRUNCHES II

☒ B: 10 REP PER LEG
I: 15 REP PER LEG
A: 20 REP PER LEG

REST 1 MINUTE