WEEK	Abs-Core A	Abs-Core B
1	20 Rev. Curl 24 Dbl Crunch Twist 50s Saw (plank) 50s Dead Bug	50s Cobra 50s 4 Point Tum Vac 10 Side Hip Raise & Twist 24 Bird Dog (2s hold)
2	30 Rev. Curl 28 Dbl Crunch Twist 60s Saw (plank) 60s Dead Bug	60s Cobra 60s 4 Point Tum Vac 14 Side Hip Raise & Twist 30 Bird Dog (2s hold)
3	40 Rev. Curl 32 Dbl Crunch Twist 70s Saw (plank) 70s Dead Bug	70s Cobra 70s 4 Point Tum Vac 16 Side Hip Raise & Twist 40 Bird Dog (2s hold)
4	50 Rev. Curl 36 Dbl Crunch Twist 80s Saw (plank) 80s Dead Bug	80s Cobra 80s 4 Point Tum Vac 18 Side Hip Raise & Twist 50 Bird Dog (2s hold)

Drop a Jean Size Abs & Core Programme

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