

SSP ON DEMAND

WEEK TWO, DAY TWO:

WARM UP - 2 - 3 X THROUGH:

FORWARD LUNGE AND TWIST - X 6 REPS PER SIDE

SCORPIONS - X 6 REPS PER SIDE

DOWNWARD DOG WITH OPPOSITE TOE TOUCH - X 6 REPS PER SIDE

MAIN SET - 21/15/9 WITH 20 MINUTE TIME CAP:

PALOF PRESS - X 21 REPS

CRUNCHES - X 21 REPS

REVERSE LUNGES - X 15 REPS

CRUNCHES - X 15 REPS

INCHWORMS - X 9 REPS

CRUNCHES - X 9 REPS

COMPLETE AS MANY AS POSSIBLE WITHIN THE 20 MINUTE TIME LIMIT.