

# ADDY + ABBY

## PERSONAL TRAINING

### Core Advanced Workout

Exercise	Sets	Reps	Rest	Comments
<p>*Complete warm up / Mobility routine before beginning your workout.</p> <p>*Core can be done alone with some cardio or completed at the end of ANY other training program you choose for today.</p> <p><i>*Complete 3 Rounds of each exercise 30 Second Rounds non-stop</i></p>				
<p>1 30 Seconds Lying Leg Raises into 30 Seconds Crunches <b>Rest 30 Seconds and repeat x3 Rounds</b></p>				*Do not let your back leave the ground. Quality reps.
<p>2 Swiss Ball Roll Outs <i>*Complete 10 reps then on the 10th rep HOLD until Failure at the bottom</i></p>	3	10	30 Secs	
<p>3 Lying Oblique Crunches Into Into Side Plank</p>	3 3	20 Failure	30 Secs	*20 Each Side

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