
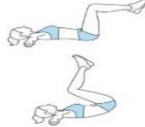


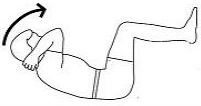


HOME WORKOUT	
Goal:	Abdominal Exercises
Trainer name:	Benine (benine@befitexercisestudio.co.za)
Date:	March 30, 2020

ABDOMINALS			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
ABDOMINALS			
Basic crunches	3	15	
Reverse Crunches	3	10	
Side crunches	2	15	
Plank	2	30sec	
Crunch Legs 90°	3	12	
Bicycle Crunches	3	14	