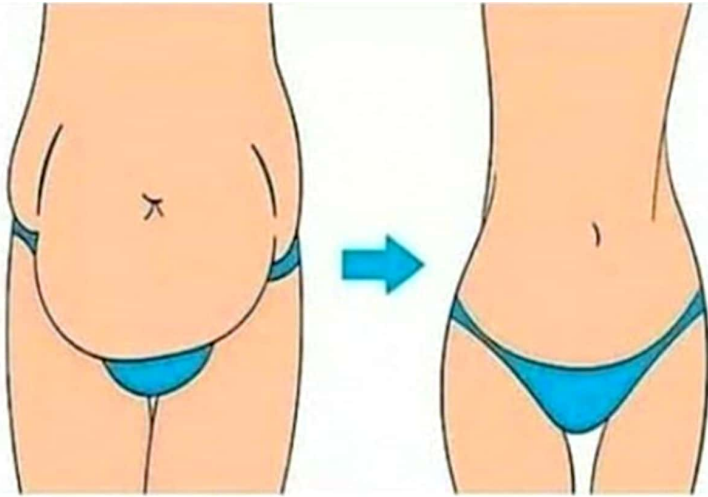


Do daily for a month:



sports training

MONDAY

20 squats 20 second plank
15 russian twists 30 jumping jacks
20 crunches 16 lunges
20 knee pull-ins

TUESDAY

25 squats 30 second plank
20 russian twists
35 jumping jacks 25 crunches
20 lunges 15 knee pull-ins 25 butt kicks

WEDNESDAY

30 squats 45 second plank
25 russian twists 40 jumping jacks
30 crunches 26 lunges
20 knee pull-ins 30 butt kicks

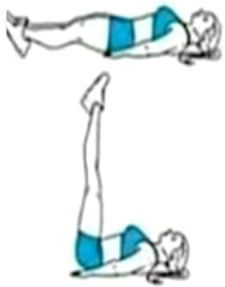
THURSDAY

35 squats 55 second plank
30 russian twists 50 jumping jacks
25 crunches 20 lunges
15 knee pull-ins 35 butt kicks

FRIDAY

35 squats 60 second plank 30 russian twists
40 jumping jacks
20 crunches 20 lunges
15 knee pull-ins 30 butt kicks

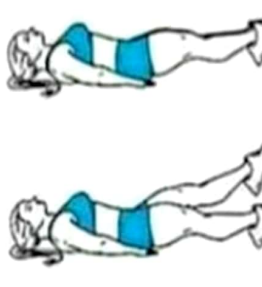
5 second lying leg raise



45 second reverse crunch



45 second flutter kicks



10 second elbow to knee



30 second jackknife sit up



30 second leg pull in

