

## ELEVATE & THRIVE FITNESS

### ABS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
<b>ABS SUPERSET:</b>	Do each exercise for set reps before breaking and then repeat for 3 rounds	3		
<b>Dead Bugs</b>	can add resistance band or hold DB up top for extra challenge	3	20 total	none
<b>Plate Russian Twists</b>		3	15 each side	none
<b>V ups</b>		3	12-15	none
<b>Hollow Body Hold</b>		3	30 sec	90 sec

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### ABS DAY 2

EXERCISE	NOTES	SETS	REPS	REST
<b>ABS SUPERSET:</b>	Do each exercise for set reps before breaking and then repeat for 3 rounds	3		
<b>Bird Dogs</b>		3	10 each side	none
<b>Slow Mountain Climbers</b>		3	10 each side	none
<b>Lying Leg Raises</b>		3	12	none
<b>Bear Plank</b>		3	30 sec	90 sec

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### ABS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
<b>ABS SUPERSET:</b>	Do each exercise for set reps before breaking and then repeat for 3 rounds	3		
<b>Weighted Crunches</b>		3	12	none
<b>Side Plank with Twist</b>		3	10-12 each side	none
<b>Hanging Knee Raises</b>		3	12-15	none
<b>Plank</b>		3	30-45 sec	90 sec