

Workout #7- “Truckee”

Duration- 27 minutes

Focus- Abdominal Strength

Description- Using CalRopes to perform dynamic abdominal strengthening exercise

- Set Gym Boss timer for 18 rounds of 30 seconds ‘on’ and 60 seconds ‘off’
- During each of the 30 seconds intervals, perform an abdominal exercise
- Rest during the 60 seconds interval
- Perform the following abdominal exercises for 30 seconds:
 1. Bucket Dump
 2. Figure 8
 3. Parallel Snakes
 4. Russian Twist
 5. Seated Undulation with Feet Up
 6. Seated Undulation with double kick
 7. Seated Undulation with Scissor Kick
 8. Undulation from Right Plank
 9. Undulation from Left Plank

Repeat each of these exercises.