

2 x	12 x body squats 6 x crossfit push ups 10 x F/B lunge (5 each leg)
2 x	12 x body squats 12 x plank heel grabs 12 x sit up and leg wrap around
3 x	12 x plank shoulder touches 10 broom wrap crunch 6 x crossfit push ups
3 x	10 x St arm plank to elbow plank continuous 8 x body squats 12 x plank inside heel grabs
4 x	10 x plank inside heel grabs 12 x Yoga ball "hands Up" oblique knee lifts 12 x sit up leg wrap grab (pause) 6 x crossfit push up

**A**

3 x	6 x controlled sit down into chair each leg 14 x Elbows on gym ball : Plank knee to gym ball
3 x	5 x single leg get ups off chair (left, right) 12 x sideways rocks plank on gym ball 12 x front back rocks plank on gym ball
3 x	4 x standing inch worm to push up 10 x front knees roll ins with feet on ball and hands like a plank
3 x	10 x 5 kg Goblet Squats 15 x Broom wrap crunch (3x5 if required)
	rest

**B**

**C**

**D**

**E**