



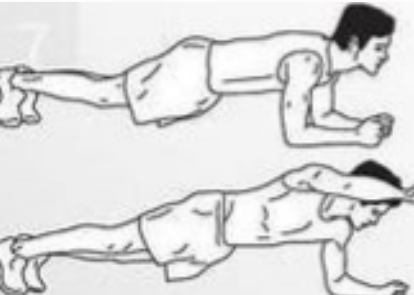


# Ab-workout advanced

NA ELKE RONDE 2 MINUTEN RUST. DOE IN TOTAAL 3 RONDES. DOE DIT TOT 3 X PER WEEK.

ACTIVITEIT	TIJD	REPS
Crunches		15 x
Air bike crunches		15 x
Russian twists		20 x
Heel touches		20 x
Plank arm reaches		10 x