









# P90X3 Ab Ripper

## Workout Instructions

	<b>Dolphin Hops</b>	1 sets
	<b>C Y Reach</b>	1 sets
	<b>Sphinx Crunch Hold</b>	1 sets
	<b>Hip Drop Twist</b>	1 sets
	<b>Bridge Burners</b>	1 sets
	<b>Bicycles</b>	1 sets

## Individual Exercise Instructions

### Dolphin Hops

Dolphin Hops



### C Y Reach



### Sphinx Crunch Hold

Sphinx Crunch Hold



### Hip Drop Twist

Hip Drop Twist



## Bridge Burners



## Bicycles



## Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

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Exercise Name	Set 1	
<b>Dolphin Hops</b>	reps x	Lbs
<b>C Y Reach</b>	reps x	Lbs
<b>Sphinx Crunch Hold</b>	reps x	Lbs
<b>Hip Drop Twist</b>	reps x	Lbs
<b>Bridge Burners</b>	reps x	Lbs
<b>Bicycles</b>	reps x	Lbs