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## Workout Instructions

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	<b>Hundreds</b>	1 sets
	<b>Single Leg Stretch</b>	1 sets
	<b>Peters Bridge</b>	1 sets
	<b>Teaser</b>	1 sets
	<b>V Rocker</b>	1 sets
	<b>Bridge Lifts</b>	1 sets
	<b>Scissor Ball</b>	1 sets
	<b>Bicycles</b>	1 sets
	<b>Lying Hip Circles</b>	1 sets
	<b>Floating Cobra</b>	1 sets
	<b>The Swimmer</b>	1 sets
	<b>The Flutter</b>	1 sets
	<b>Bad Attitude</b>	1 sets
	<b>Saw</b>	1 sets
	<b>Scissor Side Plank</b>	1 sets
	<b>Sphinx Flag</b>	1 sets
	<b>Clam Killer</b>	1 sets
	<b>T's T</b>	1 sets
	<b>Scissor Roller</b>	1 sets
	<b>The Pretzel</b>	1 sets

# Individual Exercise Instructions

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## Hundreds



## Single Leg Stretch



## Peters Bridge



## Teaser



## V Rocker



## Bridge Lifts



## Scissor Ball



## Bicycles



**Lying Hip Circles**



**Floating Cobra**



**The Swimmer**



**The Flutter**



**Bad Attitude**



**Saw**



**Scissor Side Plank**



**Sphinx Flag**



**Clam Killer**



**T's T**



**Scissor Roller**



**The Pretzel**



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

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Exercise Name	Set 1	
Hundreds	reps x	Lbs
Single Leg Stretch	reps x	Lbs
Peters Bridge	reps x	Lbs
Teaser	reps x	Lbs
V Rocker	reps x	Lbs
Bridge Lifts	reps x	Lbs
Scissor Ball	reps x	Lbs
Bicycles	reps x	Lbs
Lying Hip Circles	reps x	Lbs
Floating Cobra	reps x	Lbs
The Swimmer	reps x	Lbs
The Flutter	reps x	Lbs
Bad Attitude	reps x	Lbs
Saw	reps x	Lbs
Scissor Side Plank	reps x	Lbs
Sphinx Flag	reps x	Lbs
Clam Killer	reps x	Lbs
T's T	reps x	Lbs
Scissor Roller	reps x	Lbs
The Pretzel	reps x	Lbs