



# 5X5 'EXTREME' STRENGTH ABS/CORE

60/20 – 1min 20 recovery X 5 rounds (6:40 per section) – AMRAP = 37 MIN  
Complete as a circuit – 1 of each before recovery & repeat x 5

Warm up – 3-5 min	
High energy exercise	Burpee into plank
20 sec rest period	
High energy exercise	Bell swing and pause up
20 sec rest period	
High energy exercise	Inchworm into side plank – alternate sides
20 sec rest period	
High energy exercise	Standing spin (no upper body movement)
20 sec rest period	
High energy exercise	Bicycle crunch
<b>1.20 min recovery after each circuit</b>	
Cool down & stretch – 3-5 min	