

Super Set Core Strength

Name _____

Instructions: Perform each exercise for one body part in a split set format. All Tasks must be signed by the instructor

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
Abdominal Crunch	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Abdominal Machine Crunch	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Figure 4 Crunch	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Reverse Crunch <i>(floor or bench)</i>	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
90-90 Crunch	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
V-Seat Side Touch <i>(weighted)</i>	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Dumbbell Side Bend	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Planked Arm Raise	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Plank Leg Lifts	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Side Plank Lifts	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Hanging Leg Lifts <i>(Knee Ups)</i>	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Exercise Ball Jack Knife	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Decline Weighted Sit ups	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Lying V-UPS	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	
Combination Ball Lifts <i>(ExBall or MB)</i>	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor signature				

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