

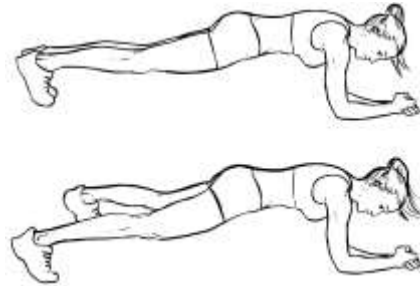
KOBOKO FITNESS

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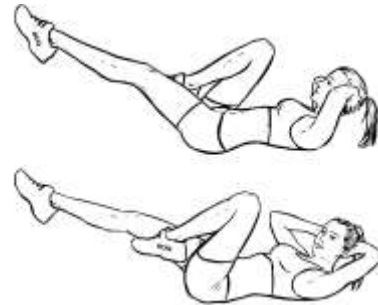
Mon: Day 1

- 20 plank jacks
- 6 bicycles
- 20 plank jacks
- 6 bicycles
- 20 plank jacks
- 6 bicycles
- 20 plank jacks
- 6 bicycles
- 20 plank jacks
- 6 bicycles

REST FOR 2 MIN. REPEAT 3 TIMES



Plank Jacks



Bicycles

Tue: Day 2

- 20 high knees
- 8 reverse crunches
- 20 high knees
- 8 reverse crunches
- 20 high knees
- 8 reverse crunches
- 20 high knees
- 8 reverse crunches
- 20 high knees
- 8 reverse crunches

REST FOR 2 MIN. REPEAT 3 TIMES



High Knees



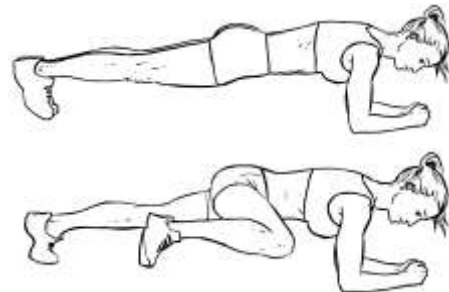
Reverse Crunches

Wed: Rest Day

Thur: Day 3

- 10 plank knee to elbow
- 15 fire hydrants
- 10 plank knee to elbow
- 15 fire hydrants
- 10 plank knee to elbow
- 15 fire hydrants
- 10 plank knee to elbow
- 15 fire hydrants
- 10 plank knee to elbow
- 15 fire hydrants

REST FOR 2 MIN. REPEAT 3 TIMES



Plank Knee to Elbow



Fire Hydrants

A Special Note

Thank you for downloading this free workout guide. I hope you found it helpful. If so, please tell a friend about Koboko Fitness. Also, please consider shopping our online boutique to support our small business.

You are so very much appreciated.

Kind Regards,

Kola from www.KobokoFitness.com