

1	<b>Exercise: Half-Jacks <a href="#">(video)</a></b>
	Rest 10 Seconds
2	<b>Exercise: Plank Arm Raises <a href="#">(video)</a></b>
	Rest 10 Seconds
3	<b>Exercise: Lunges <a href="#">(video)</a></b>
	Rest 10 Seconds
4	<b>Exercise: Plank Leg Raises <a href="#">(video)</a></b>
	Rest 10 Seconds
5	<b>Exercise: Half-Jacks <a href="#">(video)</a></b>
	Rest 10 Seconds
6	<b>Exercise: Plank Arm Raises <a href="#">(video)</a></b>
	Rest 10 Seconds
7	<b>Exercise: Lunges <a href="#">(video)</a></b>
	Rest 10 Seconds
8	<b>Exercise: Plank Leg Raises <a href="#">(video)</a></b>
	Rest 10 Seconds