

BOOST'S CORE KILLER

REPS

EXERCISE

10

CRUNCHES

20

PLANK DIPS EA SIDE

30

TOE TOUCH CRUNCHES

40

SIT UPS

50

DOUBLE LEG RAISES

60

JACKKNIVES

70

KNEES TO CHES

80

BUTTERFLY SIT UP

90

BICYCLES

100

CRUNCHES

**Rest for 1 minute and repeat
3-5 times for best results.**