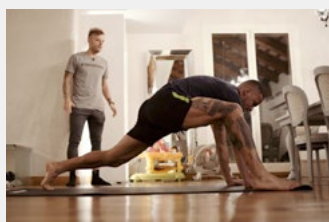
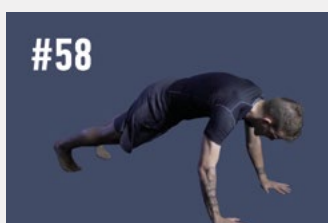


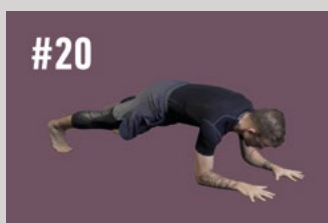
# HOME WORKOUT MIT WILL

3 RUNDEN



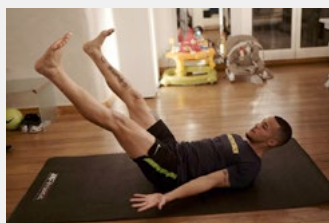
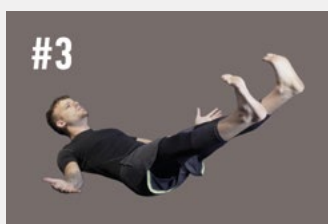
## 1. PLANK CRAWL + SPIDERMAN LUNGES

B: 5 WH  
I: 10 WH  
A: 12 WH



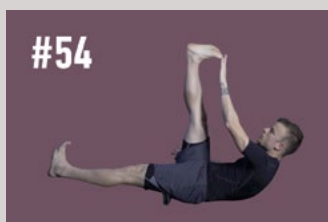
## 2. PLANK PUSH-UPS

B: 5 WH  
I: 10 WH  
A: 15 WH



## 3. FRONTAL V HOLD + CIRCULAR LEG RAISES

B: 15 SEK PRO BEIN  
I: 30 SEK PRO BEIN  
A: 45 SEK PRO BEIN



## 4. CROSSOVER CRUNCHES II

B: 10 WH PRO BEIN  
I: 15 WH PRO BEIN  
A: 20 WH PRO BEIN

1 MINUTE PAUSE