




FOODSPRING SIXPACK TRAINING WORKOUT PLAN

BEGINNERS:  X3
ADVANCED:  X4
EXPERT:  X5

1



20 SEKUNDEN
HIGH KNEES
10 SEKUNDEN PAUSE

2



20 SEKUNDEN
LEG RAISES
10 SEKUNDEN PAUSE

3



20 SEKUNDEN
SITUPS
10 SEKUNDEN PAUSE

4



20 SEKUNDEN
RUSSIAN TWIST
10 SEKUNDEN PAUSE

5



20 SEKUNDEN
PLANK
10 SEKUNDEN PAUSE

6



20 SEKUNDEN
CRUNCHES
10 SEKUNDEN PAUSE