










**TRAIN TO IMPROVE
ADD EXERCISES TO YOUR ABS ROUTINE**

Equipment: Bravo
Total Time: Approx. 30-45 mins.

BLOCK 1: CORE STABILITY

Equipment	Exercise	Description	Duration
Bravo	 Rollout Plank	Cables set high and in the inside position – use the handles	2x 20 reps
Bravo	 Straight Arm Crunch	Cables set high and in the inside position – use the handles	2x 20 reps
Bravo	 Straight Arm Superman	Cables set low and in the inside position – use the handles	2x 20 reps

BLOCK 2: CORE ROTATION

Equipment	Exercise	Description	Duration
Bravo	 Supported Horizontal Rotation	Right	2x 10 reps
Bravo	 Supported Horizontal Rotation	Left	2x 10 reps
Bravo	 Supported Chops	High-low Right	2x 10 reps
Bravo	 Supported Chops	High-low Left	2x 10 reps

**RESTS
(unless stated
otherwise)**

Between sets or intervals:
rest for 30 sec. to 1 min. –
but maintain momentum

Between exercises:
rest less than 1 min.

Between blocks:
rest for approx. 2 min.