

“Cindy” 5/5/09:

Regular Roll ups-16x

Roll ups with legs split on the ground-16x

Cross leg roll ups-10x

Above done 1x

Lat. Pulldowns on the SB-12.5 lbs 20x

Cable press(pressing down)

(1st Set)Tricep Pyramid- start at 22.5 and go down by 1/2 plates-12 reps of each/(2nd Set)Bicep Pyramid-Start at 12.5 or 17.5 and go down by a 1/2 plate each time-12 reps of each.

Cross leg Roll ups