

AT HOME WORKOUT

PRESENTED BY UTTC HEALTH PROMOTIONS

IN LIGHT OF THE RECENT COVID-19 PANDEMIC, UTTC HEALTH PROMOTIONS WOULD LIKE TO PROVIDE YOU WITH SIMPLE & EFFECTIVE WORKOUTS THAT CAN HELP YOU STAY IN SHAPE!

AB CIRCUIT

1. CRUNCHES (30 SECONDS), 15 SEC. BREAK
 2. LEG RAISES (30 SECONDS), 15 SEC. BREAK
 3. HEEL TOUCHES (30 SECONDS), 15 SEC. BREAK
 4. BICYCLE CRUNCHES (30 SECONDS), 15 SEC. BREAK
- ** 3 ROUNDS – 2 MIN. BREAK AFTER EACH ROUND ****
- ** ADVANCED: 45 SECONDS WITH 15 SEC. BREAK ****



WORKOUT



OF REPS



REST TIME

REPEAT EACH EXERCISE 3X, OR 3 SETS
ADVANCED MAY PERFORM 5 SETS INSTEAD OF 3