



Core Workout

SS=**Superset** when one set of an exercise is performed directly after a set of a different exercise without rest

WORKOUT

-Underhand Barbell Row 4x10 (Each Side)

-SS: Weighted Full Sit up 4x15

-Overhead Barbell Scissor/V-Out/6inch Hold 4x10/10/10 sec

-SS: Barbell Ab Roll 4x10-12

-Barbell Side Bend 3x10

Target Muscles: Core.

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