



# Basics, Basics, Basics

## Weeks 7-12

### Workout 2

#### Concentrated Shaping

10 Minutes

Complete 1 set of each exercise

Part 1	
Name	Reps/Minute
Plank Hold	30 seconds
Hollow Hold	30 seconds
Side Plank Hold	30 seconds
Reverse Plank Table	30 seconds
Reverse Plank Table Comob	30 seconds
Tuck Hold	30 seconds
Pike Seat Hold (L Seat Elevated)	30 seconds
Superman Hold	30 seconds
Hollow Rockers	20
High Pike Hold	10 seconds
Tuck Leg Lifts	15
Leg Lifts over Head	10