



Basics, Basics, Basics

Weeks 1-6

Workout 2

Concentrated Shaping Holds
10 Minutes

Repeat each exercise 3x

Part 1	
Name	Reps/Minute
Hollow Hold	10 seconds
Plank Hold	10 seconds
Tuck Hold	10 seconds
Pike Seat Hold (1 seat elevated)	10 seconds
L Straddle Seat Hold	10 seconds
Reverse Plank Table Combo	10