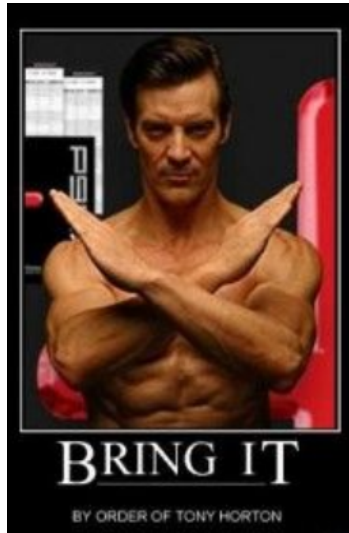



Hi gals,

Today's workout is going to be a good one. I've got my good friend Tony Horton from P90 and were doing AB RIPPER X! After we rip our abs we will spend the last 10 minutes doing a good stretch.



See you all at 6:00pm!

Janelle Bekkering is inviting you to a scheduled Zoom meeting.



**AB RIPPER X**  
**WORKOUT ROUTINE**

*25 Reps per Workout*

1. In & Outs
2. Bicycles (25- pedal forward & 25- pedal backward)
3. Crunchy Frog
4. Cross Leg/ Wide Leg Sit-Ups
5. Fifer Scissors
6. Hip Rock n' Raise
7. Pulse Ups/ Heels to the Heavens
8. V-up Roll Ups
9. Oblique V-ups (25 per side- left & ride)
10. Leg Climbs