

Zoom Workout.9

Tuesday, May 25, 2021

3 Sets, 8 Exercises, Work to Rest ratio is different for each set:

Set 1: 45 seconds on, 15 seconds rest

Set 2: 30 seconds on, 10 seconds rest

Set 3: 15 seconds on, 5 seconds rest

One (1) minute rest between sets

TEAM ABS to conclude the workout...

