

# GET WAISTED WORKOUTS

with *Janet Layug* IFBB BIKINI PRO

- Incorporate core training three to four times per week, in addition to your other training.
- Alternate the following workouts, or use our nine exercises to design your own.
- *Beginners:* Complete all sets for each exercise before moving on to the next.  
Rest 30 seconds between sets.
- *Advanced:* Complete the exercises circuit-style, resting 60 seconds between each round.

EXERCISE	REPS
<b>WORKOUT 1:</b> COMPLETE 4 SETS OF EACH EXERCISE	
STANDING CRUNCH:	20 REPS, EACH SIDE
RUSSIAN TWIST BICYCLES:	10 REPS, EACH SIDE
STABILITY BALL WINDSHIELD WIPERS:	8 REPS, EACH SIDE
SIDE PLANK TWIST:	8-10 REPS, EACH SIDE
<b>WORKOUT 2:</b> COMPLETE 3 SETS OF EACH EXERCISE	
SPIDERMAN PLANK:	12 REPS, EACH SIDE
DOUBLE CRUNCH:	20 REPS
LEG CIRCLES:	5 REPS, EACH DIRECTION
V-SIT FLUTTER KICK:	20 REPS, EACH LEG
REVERSE WOOD CHOP:	10 REPS, EACH SIDE