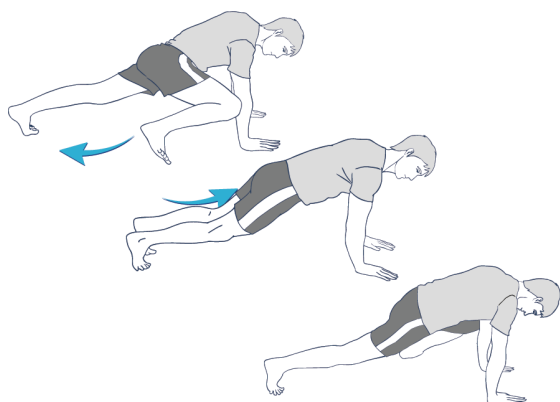
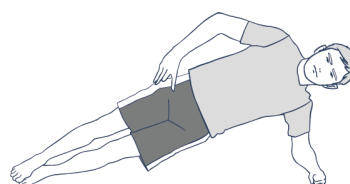


# Workout 12

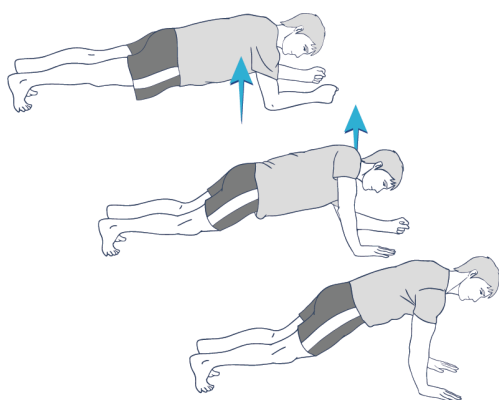
Exercise	Time (secs)	Reps	Sets	✓
Slow Mountain Climbers	30			✓
Side Plank - Left	30			✓
Side Plank - Right	30			✓
Plank to Push Up	30			✓
Cross Overs	30			✓
Bird Dog with Rotation - Left	30			✓
Cross Overs	30			✓
Bird Dog with Rotation - Right	30			✓



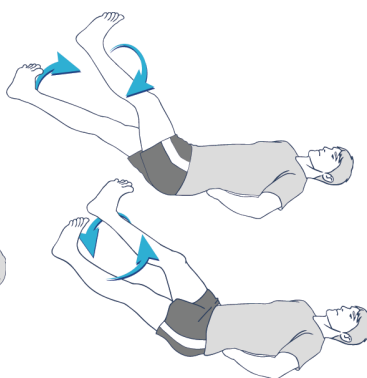
Slow Mountain Climbers



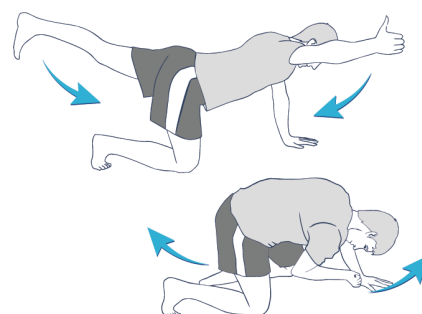
Side plank



Plank to Push Up



Cross Overs



Bird Dog with Rotation