Caps Abs. (Do at your own risk)

**Set 1**

Bicycles: max in 15 seconds

6-inch hold: 15 seconds

Plank: 20 seconds

Russian twist: 20 rep

Oblique crunches (L):  15 rep

Oblique crunches (R): 15 rep

Crunches: 20

25 Regular pushups.

DRANK (Water)

**Set 2**

Bicycles: max in 25 seconds

6 inch hold **with flutter kick**: 20 seconds

Plank: 45 seconds

Russian twist: 30 rep

\*\* See key

Side Plank (L):  30 seconds

Side Plank (R): 30 seconds on this bitch

Crunches: 30

25 Wide pushups.

DRANK (Fucking Water)

**Set 3**

Bicycles: max in 30 seconds

6-inch hold: 30 seconds

Plank: 1:30 seconds: Remember. You can do anything for 1:30 seconds. You are awesome.

Russian twist: 50 reps

Oblique crunches (L):  25 rep

Oblique crunches (R): 25 rep

Leg raises: 10 reps (heels off the ground when you bring your legs down)

10 Diamond pushups

10 Wide pushups

10 Regular

Key:

\*\*Don’t use this time as an excuse to stop. Keep going…. you fucking pussy.