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Day 79

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| Exercise                                                                         |
|----------------------------------------------------------------------------------|
| 3 sets of the following:                                                         |
| 30 seconds low plank                                                             |
| 30 seconds side plank (left)                                                     |
| 30 seconds low plank                                                             |
| 30 seconds side plank (right)                                                    |
| 10 arm and leg lifts each side (kneeling position – opposite arm and leg raises) |
| 30 seconds rest                                                                  |