



[Bbg 2.0 Free Pdf 22](#)

Week 22 Friday

ABS

Circuit One

30 MIN NON STOP

Circuit Two

Ab Bikes

40 REPS
20 PER SIDE



Weighted Straight Leg Jackknives

20 REPS



Weighted Russian Twist

40 REPS
20 PER SIDE



Weighted Bent Leg Jackknives

20 REPS



Plank

1 MIN



Snap Jumps

20 REPS



Mountain Climbers

40 REPS
20 PER SIDE



Sit Ups

20 REPS



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 22 Saturday - REST DAY



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