

## **WEEK 2**

Mini-Crunch  
Hundred  
Single-Leg Roll-Up  
Roll-Up

### Stomach Series:

Single Leg Stretch  
Double Leg Stretch  
Double Leg Lift/Lower  
Criss Cross

### Side Kicks

Front/Back  
Up/Down  
Circles  
Lower-Leg Lift  
Lower-Leg Circles  
Double Leg Lifts

Shoulder Bridge  
Swimming