

Set	Exercise		Rest
1	Alt Grip Pull-Up	5 Reps	
2	Knee Tuck and Twist	10 Reps (each side)	
3	Bent Leg Raise	60 Sec Hold	
			120 sec
4	Alt Grip Pull-Up	5 Reps	
5	Knee Tuck and Twist	8 Reps (each side)	
6	Bent Leg Raise	45 Sec Hold	
			120 sec
7	Alt Grip Pull-Up	5 Reps	
8	Knee Tuck and Twist	6 Reps (each side)	
9	Bent Leg Raise	30 Sec Hold	
	FINISHED - Good Work!		
	<a href="http://NewPTtestArmy.com">NewPTtestArmy.com</a>		