

# JOHN BENTON

## WORKOUT **ONE**

Equipment Needed: NONE

Time Needed: 60 - 90 MINS

### **3** SETS

- 5 MIN. JOG ON TREADMILL AT 5.0 - 6.0 *or* 10-15 MIN. LIGHT JOG OUTSIDE  
*or* 3 SETS OF 2 MIN. HEEL TO BUTT JOGGING IN PLACE
- 20 STRETCH AND CRUNCH
- 50 SCISSOR KICKS FOR LOWER ABS

### **3** SETS

- 50 HIP TWIST JUMPS
- 50 PLANK TWISTS FOR CORE
- 15 REACH THROUGH TWISTS (ON YOUR FOREARM OR HAND)

### **3** SETS

- 50 CROSS JACKS
- 20 CRUNCHES
- 20 REVERSE CRUNCHES
- 20 CRUNCHES
- 20 REVERSE CRUNCHES
- 20 CRUNCHES
- 20 REVERSE CRUNCHES

### **3** SETS

- 50 HIP TWIST JUMPS
- 20 SWAN CRUNCHES
- 50 LEG RAISES FOR INNER THIGH WITH 2-3 LB ANKLE WEIGHTS

### **3** SETS

- 50 STEPS RUNNING IN PLACE (HEEL TO BUTT)
- 50 SIDE TO SIDE JUMPS (LITTLE JUMPS SIDE TO SIDE AT A JUMP ROPE PACE)
- 25 INNER THIGH V'S WITH 2-3 LB ANKLE WEIGHTS