

ABS WORKOUT

ROUNDS: Beginner: x3 | Advanced: x4 | Expert: x5

WARMUP: Get your muscles ready with a quick stretch before you get going

1

20 second burst
Crunches
20 second break



4

20 second burst
Sit Ups
20 second break



2

20 second burst
Plank
20 second break



5

20 second burst
Plank with Hip Dips
20 second break



3

20 second burst
Leg Raises
20 second break



6

20 second burst
Mountain Climbers
20 second break



COOLDOWN: Roll out your muscles with a foam roller.