

## **Abs Blast 1**

### **Equipment Needed**

- Stopwatch
- Mat (optional)

### **Abs Blast (10 minutes)**

Crunch (30 seconds), 30 seconds rest x 2

Wide Toe Touch (30 seconds), 30 seconds rest x 2

Scissor Crunch with Twist (30 seconds), 30 seconds rest x 2

Mountain Climbers (30 seconds), 30 seconds rest x 2

Plank (30 seconds), 30 seconds rest, Plank (45 seconds)