

Abs Blast 2

Equipment Needed

- Stopwatch
- Mat (optional)
- Dumbbell/medicine ball

Abs Blast (10 minutes)

Reach Through (30 seconds), 30 seconds rest into

Reverse Crunch (30 seconds), 30 seconds rest into

Russian Twist (30 seconds), 30 seconds rest into

Flutter Kicks (30 seconds), 30 seconds rest into

High Low (30 seconds), 30 seconds rest

Repeat x 1 (2 circuits in total)