

Abs Blast 3

Equipment Needed

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

Abs Blast (10 minutes)

Knees-Up Crunch (30 seconds), 30 seconds rest x 2

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

Bicycle Crunch (30 seconds), 30 seconds rest x 2

Leg Raise (30 seconds), 30 seconds rest x 2

Mountain Climbers (20 seconds) into Drunken Mountain Climbers (20 seconds), 20 seconds rest x 2