

Build Your Own Abs Blast

Equipment Needed

- Stopwatch
- Mat (optional)
- Dumbbell (optional)

Abs Blast (10 minutes)

Exercise 1 (30 seconds), 30 seconds rest x 2

Exercise 2 (30 seconds), 30 seconds rest x 2

Exercise 3 (30 seconds), 30 seconds rest x 2

Exercise 4 (30 seconds), 30 seconds rest x 2

Exercise 5 (30 seconds), 30 seconds rest x 2

Exercises

Alternating Toe Touch

Drunken Mountain Climbers

Knees-Up Crunch

Overhead Toe Touch

Reach Through

Russian Twist with Press

Scissor Kicks

V Crunch

Bicycle Crunch

Flutter Kicks

Leg Raise

Plank

Reverse Crunch

Scissor Crunch

Shin Taps

Wide Toe Touch

Crunch

High Low

Mountain Climbers

Punch Crunch

Russian Twist

Scissor Crunch with Twist

Spiderman Plank