

6-12 MINUTE ABS (SERIES 1)

ALL EXERCISES ARE BODYWEIGHT

FRONT PLANK	1:15
BIRD DOG	X20 EA
SIDE PLANK + LEG RAISE	X15 EA
DEAD BUG	X20 EA
FLUTTER KICKS	X30 EA
SIDE PLANK + ROTATION	X20 EA
SL GLUTE ISO BRIDGE	0:45 EA
SUPERMAN HOLD	1:00
HEEL TOUCHES	X40 EA
SA/SL PLANK MATRIX	0:20 EA
COMPLETE AS MANY SETS AS POSSIBLE IN SET TIME	