

6-12 MINUTE ABS (SERIES 2)

ALL EXERCISES ARE BODYWEIGHT

PUSH-UP ARM TAP (NO SWAY)	X15 EA
ALTERNATING DEAD BUG	X20 EA
SIDE HIP TOUCH	X25 EA
SUPERMAN	X25
SCISSOR KICKS (SLOW/CONTROLLED)	X25 EA
PLANK SCAP UPS	X20
SL HIP BRIDGE (REPS)	X25 EA
PUSH-UP WALKOUT (LATERAL X3)	X10
BIRD DOG	X20 EA
PLANK LEG HOPS	X30
COMPLETE AS MANY SETS AS POSSIBLE IN 12 MIN	