

AWESOME ABS *Workout*

Be sure to warm up before you begin and always perform proper form and technique.

REPEAT THE CIRCUIT THREE TIMES THROUGH.

Inchworm | 10 reps
Leg Lifts, Flutter Kicks | 30 reps
High Plank Rear Delt Fly | 10 reps each side
Speed Crunches | 15 reps
Side Plank Reach Through | 12 reps each side
Show And Go | 10 reps
Plank Hip Extensions | 10 reps each side

Muscle soreness that lasts a few days is normal and can be expected. Consider it a reminder of what you've accomplished! A few minutes of gentle stretching after your workout will help to reduce soreness.

