

# AWESOME ABS *Workout*

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

**REPEAT THE CIRCUIT THREE TIMES THROUGH.**

Suitcase | as many as possible in 30 seconds  
Heel Taps | as many as possible in 30 seconds  
Show & Go | as many as possible in 30 seconds  
Speed Crunches | as many as possible in 30 seconds  
V-Up with Twist | as many as possible in 30 seconds  
Triceps Touch | as many as possible in 30 seconds  
Superman | as many as possible in 30 seconds

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.

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