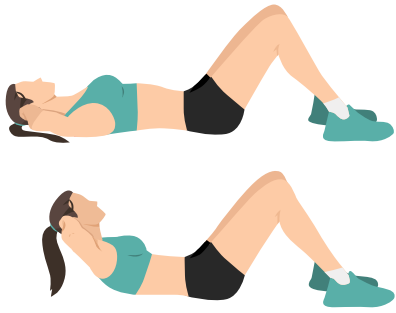
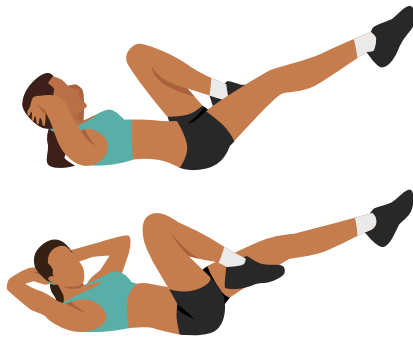


10 Minute Abs

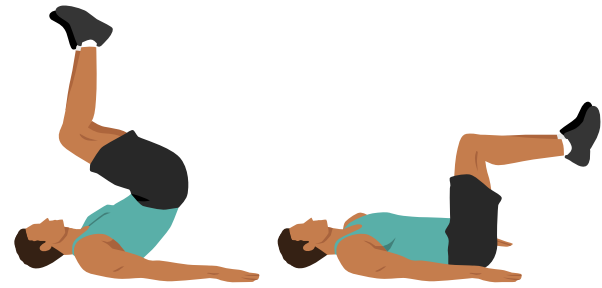
Complete as many repetitions as possible



1 Minute: Crunches

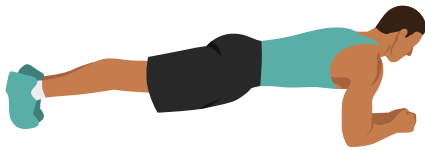


1 Minute: Cross-body Crunches

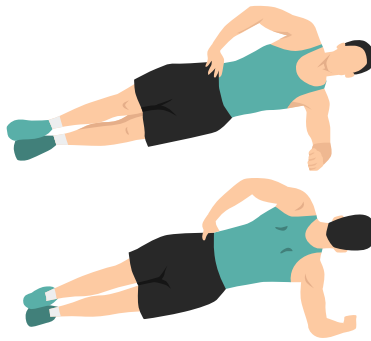


1 Minute: Reverse Crunches

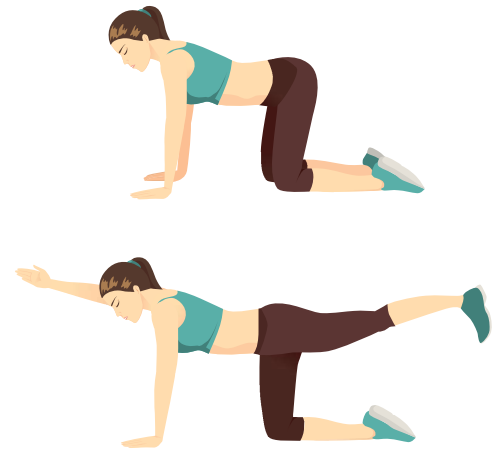
Hold each position for 1 minute



1 Minute: Forearm Plank

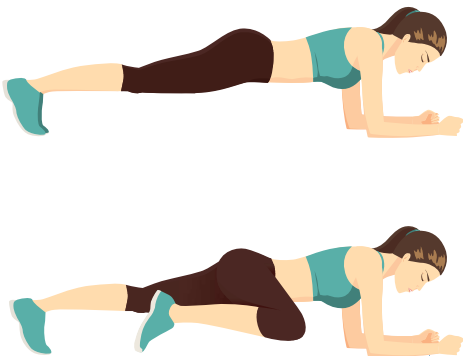


1 Minute: Left Side Plank
1 Minute: Right Side Plank

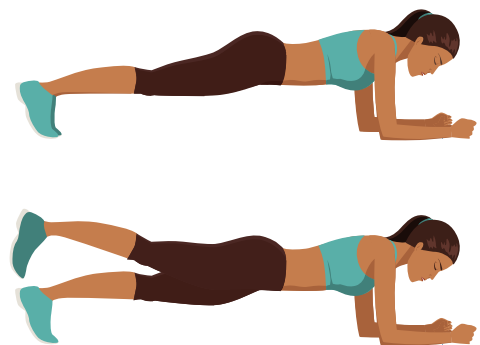


1 Minute: Left Side Bird Dog Plank
1 Minute: Right Side Bird Dog Plank

Complete as many repetitions as possible



30 Seconds: Left Side Plank Knee to Elbow
30 Seconds: Right Side Plank Knee to Elbow



30 Seconds: Left Side Plank Leg Raises
30 Seconds: Right Side Plank Leg Raises

