

## 04/29/2020 Midsection Madness

### Warm-up

**3 sets: 45 sec on/15 sec off**

Roll ups <https://www.youtube.com/watch?v=VVwR5uEOYA0>

Flutter kicks <https://www.youtube.com/watch?v=BIJQtdcCzeA>

Variation: wide flutter

Pulse-ups: [https://www.youtube.com/watch?v=m\\_AoEBRbxz0](https://www.youtube.com/watch?v=m_AoEBRbxz0)

Windshield wipers: <https://www.youtube.com/watch?v=Fuccu9GFO6g>

Crunches: [https://www.youtube.com/watch?v=Xyd\\_fa5zoEU](https://www.youtube.com/watch?v=Xyd_fa5zoEU)

Slow leg lifts: <https://www.youtube.com/watch?v=bVA-JH2sZ2k>

Cross crunches: <https://www.youtube.com/watch?v=PkSFsgMtonY>

Plank:

Variation: Knee planks