

**AB-tastic!**  
**5/20/2020**

Warm-up

Equipment needed: You will need a ball, pull buoy, throw pillow...something you can pass from your legs to your hands.

<b>Circuit 1</b>	<b>5 minutes</b>	<b>How many rounds in 5 minutes</b>
V-up variation ball pass		<a href="https://youtu.be/7HXByK5dLvc">https://youtu.be/7HXByK5dLvc</a>
Bicycle crunches (50)		<a href="https://youtu.be/eBZ4rdDjLFM">https://youtu.be/eBZ4rdDjLFM</a>
Straight leg sit-up and twist (20)		<a href="https://youtu.be/psP_Eq21qDQ">https://youtu.be/psP_Eq21qDQ</a>

<b>Circuit 2</b>	<b>5 minutes</b>	<b>How many rounds in 5 minutes</b>
Toe taps (20)		<a href="https://youtu.be/eazQpjRjy2U">https://youtu.be/eazQpjRjy2U</a>
Russian twists (30)		<a href="https://youtu.be/JyUqwkVpsi8">https://youtu.be/JyUqwkVpsi8</a>
Bent leg sit-ups (15)		