

F-AB-ulous!

5/27/2020

Warm-up

2 rounds :45 on/:15 rest

Downward Dog Crunch	https://youtu.be/GtI45qj9UrQ
Side Crunch	https://youtu.be/55yxivrHUkA
Touch and Hop	https://youtu.be/uF9cDMQVQW0
Superman	https://youtu.be/z6PJMT2y8GQ
Fingertip to Toe Jack	https://youtu.be/wTfWbsQql1o
Reverse Crunch	https://youtu.be/gAyTBB4Im3I
Mountain Climbers	https://youtu.be/zT-9L3CEcmk
Side Plank Rotation	https://youtu.be/Qo0j8L8sXJk
Windshield Wiper	https://youtu.be/Fuccu9GFO6g