

Friday Power Abs!

6/26/2020

Warm-up

3 rounds: :30 on/:10 off

Bicycle Crunches

V-ups

Flutter Kicks

High plank, opposite arm/leg balance

Plank jacks <https://youtu.be/xcBz0TtHqWI>

Crunches

V-sit https://youtu.be/l_1KGrBx2T4

High plank

Plank reach throughs <https://youtu.be/ewJ6grzKchk>

Swimmers <https://youtu.be/J9zXkxUAFUA>