

AB-solutely Perfect Workout

4/15/2020

Warm-up

3 rounds: 10-15 reps each round

Single Leg Bridge: <https://www.youtube.com/watch?v=3NXv0Nany-Q>

Variation: Bridges

Toe Tap Crunch: https://www.youtube.com/watch?v=6lDyY0PN_Y0

Tuck Crunch:

Variation: Crunch

Side Plank Pulse: <https://www.youtube.com/watch?v=yJUwLfVCS8>

Variation: Side plank

Cross Plank: <https://www.youtube.com/watch?v=LlVh5zVckw0>

Variation: Plank

Leg Lift Crunch: <https://www.youtube.com/watch?v=IBIK38Sg3as>