

## SOLON SWIMMING

### **24 Minute Ab Routine**

2x:

:40 on/:20 off:

- Flutter/scissor kick at three levels
- Bicycle crunch
- Groiner (advanced mountain climbers in which the leg swings out wide)
- Corkscrew (similar to a reverse crunch, but you are doing a twist to the left or right)
- Crossbody mountain climbers
- Three-way v-up
- Three-way twisting position (advanced mountain climbers in which you jump to three different positions)
- Side plank twist left (can go from your knees if need be)
- Side plank twist right (can go from your knees if need be)
- Toe touches
- Plank hip dip
- In & out crunches