Get Tough Abs – Friday 5/1

***TIME TO GET BETTER!***

20min

4 x 5min sequences of

-Planks

-Back Kicks

-Crunches

-Left Oblique

-Right Oblique

Round 1 = :35 on/:25 off

Round 2 = :40 on/:20 off

Round 3 = :45 on/:15 off

Round 4 = :50 on/:10 off

*ALL ON INTERVAL*

-2min water break, catch your breath, prep next sequence-

11min

2 x

[:60 Back kicks 🡪 :30 crunch hold 🡪 :40 back kicks 🡪 :20 crunch hold

 -:30 off-

 :60 six-inch leg hold 🡪 :40 max out crunches 🡪 :30 six-inch leg hold

 -:20 off-]

-1min water break, catch your breath, get ready for the finisher-

:60 max out crunches – REAL-LIFE-ATHLETE CRUNCHES

post your number at the end in the chat