

Ab Circuits

1

Continuous:

50 full 40 bicycles 30 streamline crunch 20 streamline supers 10 V-sit

Rest 1 minute

Continuous:

30 sec plank 30 sec push up

30 sec streamline super hold 30 sec alternate limb

30 sec right side plank on elbow 30 sec bird dog right arm left leg

30 sec left side plank on elbow 30 sec bird dog left arm right leg

Rest 1 minute

Continuous:

10 V-sit 20 streamline supers 30 streamline crunch 40 bicycles 50 full sit ups

2

45 sec streamline crunch 45 sec reverse crunch

30 sec rest

45 sec right cheek row boat (hands on ground below shoulders) 45 sec right side plank crunch

30 sec rest

45 sec left cheek row boat 45 sec left side plank crunch

30 sec rest

45 sec full plank left leg lift 45 sec full plank right leg lift

30 sec rest

45 sec half plank right arm reach 45 sec half plank left arm reach

30 sec rest

45 sec toe circle 45 sec dead bug