

Pitch Perfect Abs

2x

- :30 Backwards Shoulder Circles
- :30 Shoulder Gators
- :30 High Plank
- :30 Push Ups or Modified Push Ups
- :30 High Plank Shoulder Taps
- :30 Plank Arm Reaches
- :30 Single Leg Toe Touches Left
- :30 Single Leg Toe Touches Right
- :30 Butt Ups
- :30 Torture Twists
- :30 Flutter Kicks
- :30 Hip Lifts
- :30 Rest