**Low Abs Obliques**

3 sets 15 3 sets 15

Crunch with feet low Crunch with feet medium

 

Accordians (up, up, down, down) Obliques right over left

 

Russian twist Obliques left over right

 

**Low Abs Obliques**

3 sets 15 3 sets 15

Leg raises Bicycles

 

Scissor kicks Heel touch

 

Flutter Kicks Planks (hands/toes hold 15 sec)

 

**Upper Abs Back** 3 sets 15 3 sets 15

Crunch with feet high Supermans (hold 5 sec)

 

Froggers Cobras

 

Blades left Opposite arm/leg

 

**Upper Abs Back** 3 sets 15 3 sets 15

Blades right Quadraped

 

Toe touch left



Toe touch right

