

8 MINUTE ABS

20 CENTER CRUNCHES (REGULAR CRUNCH)

20 RIGHT ELBOW TO LEFT KNEE CRUNCH

20 LEFT ELBOW TO RIGHT KNEE CRUNCH

20 CENTER CRUNCH

ALL TOGETHER:

1 CENTER, 1 RIGHT KNEE, 1 CENTER, 1 LEFT REPEAT 20X

20 REACH BETWEEN LEGS-HANDS LIKE DIVING

**20 REACH BETWEEN LEGS-FINGERS INTERLACED AND
TURNED IN SIDE OUT**

**20 ROPE PULLS ALTERNATING HANDS (REACH WITH RIGHT
THEN LEFT 20 EACH)**

20 REACH TO LEFT SIDE OF KNEES (BOTH HANDS)

20 REACH TO RIGHT SIDE OF KNEES (BOTH HANDS)

20 RIGHT OBLIQUES (LAY ON LEFT SIDE)

20 LEFT OBLIQUES (LAY ON RIGHT SIDE)

**20 REVERSE CRUNCHES (HANDS PALMS DOWN UNDER
BUTTOX, LIFT BUTTOX WITH ANKLES CROSSED AND
KNEES BENT**

**20 SINGLE LEG RAISES RESIST GOING DOWN WITH ABS (20
EACH LEG)**

**WHEN YOU COMPLETE THE ROUTINE, LIE ON YOUR
STOMACH, PUT HANDS ON THE FLOOR UNDER YOUR
SHOULDERS WITH YOUR PALMS DOWN; EXTEND ARMS AND
HYPEREXTEND YOUR BACK TO STRETCH YOUR ABS.**