

# FLAT-ABS

## BODYWEIGHT

### WORKOUT

WORK YOUR ABS WITH EVERY EXERCISE

Warm up with 5 minutes of light cardio, then perform this 5-exercise circuit 3 times. Cool down with 3 minutes of stretching.

## Sumo Squat and Side Crunch

20 REPS, ALT. SIDES



## Single-Leg Toe Touch

10 REPS, EACH SIDE



## Up-Down Plank

12 REPS



## Jump Squat

12 REPS



## Breakdancer Reach

20 REPS, ALT. SIDES

