

## **5 Minute Abs**

### **WARM UP**

#### **Repeat 15 of Each:**

Reverse Crunches

Fast Bicycle

Rocking plank

Russian Twist

Leg lifts

Slow bicycle

Plank up-downs

Wide Russian Twists

Pike

Bicycle crunches

Knee-to-elbow planks

Feet up Russian twists

Cool down