

AB EXERCISES

To get a stronger core and abs, work your upper abs, lower abs, obliques, and core stabilizing muscles. Mix and match the exercises and switch it up often.

REPETITIONS : 10-12

PLANK HOLD* : 30-60 secs

SETS : 2-4

UPPER ABS

LOWER ABS

OBLIQUES

CORE

CRUNCH



REVERSE CRUNCH



SIDE PLANK *



PLANK *



KNEE CRUNCH



DEADBUG



BICYCLE CRUNCH



PLANK TO PUSH-UP



TOE TOUCH



SCISSORS



SIDE V-UP



MOUNTAIN CLIMBERS



CRUNCH CLAP



PLANK SIDE TUCK



CROSS BODY CLIMBERS



DOWN -DOG TO PLANK



V-CRUNCH



DOWN-DOG LEG UP



RUSSIAN TWIST



SIDE PLANK KNEE-UP



For Women Only Abdominal Workout

L Cohen

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

For Women Only Abdominal Workout:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **For Women Only Abdominal Workout** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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