#### **STRENGTH CIRCUIT 5 - ABS**

you need: towel, waterbottle, interval timer or app

optional: mat

HEALTHGUIDE

Sequence: warm-up for at least 5 minutes

circuit x 2 for 25 min work-out

cooldown and stretching for at least 5 min

Set your interval timer to 90-30 seconds. Each 90 sec interval you perform the exercise, focus on form. Make sure to keep your core engaged and your back straight for all exercises.

Take 30 sec in between the exercises to rest, add/remove the resistance band and move on.

Take 1 min in between rounds to recover

# 1. obliques 2 min

ankle taps 10x + russian twist 10x repeat

## 2. upper abs 2 min

sit-up/reach up 10x + straight leg sit-ups 10 x repeat

#### 2. lower abs 2 min

flutter kicks or low scissors 10x + reverse crunches 10x repeat

## 3. complete 6 pack 2 min

v-up variations straight leg v-up 10x + spread legs v-up 10x repeat