

8 MINUTE

*Do-Anywhere*  
*Summer Abs Circuit*

- 30 jumping jacks
  - 5 burpees
  - 20 crunches
  - 5 full sit ups
  - 30 heel touches
- 15 sec. Spiderman plank each side
  - 20 reverse crunches
  - 15 sec. flutter kicks
- 30 mountain climbers with a twist
  - 10 criss cross jumps
  - 30 Russian twists
  - 15 sec. side plank (l)
  - 15 sec. side plank (r)
  - 30 double leg raises
  - 15 side plank hip dips (l)
  - 15 side plank hip dips (r)
  - 30 bicycles

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