



10 MINUTE *Do - Anywhere* *Back to School Ab Crusher*

- 10 crunches (legs in the air)
- 10 pulse crunches (legs in the air)
 - 20 big scissor kicks
 - 10 double leg raises
 - 10 single leg raises
 - 20 heel touches
- 20 sec. isometric hold (crunch position)
 - 20 side plank knee to chest pulls (l)
 - 10 sec. side plank hold (l)
 - 20 side plank knee to chest pulls (r)
 - 10 sec. side plank hold (r)
 - 20 starfish crunches
 - 10 pulse crunches (l)
 - 10 pulse crunches (r)
 - 20 full sit ups
- 10 pulse twists left (in full sit up position)
- 10 pulse twists right (in full sit up position)
 - 20 reach thrus
 - 20 v sit crunches
 - 20 sec. v sit hold

FIT. FABULOUS. *Beautiful*