

15 Minute Ab Targeted Workout

Getting in shape and feeling better with a quick 15 minute bodyweight workout is great and it does work if you exercise consistently.

Here we will focus on the abdominal muscles in order to target the stubborn midsection fat most of us are struggling with. Try this circuit style workout that will add some variety and help you tone your stomach just a little quicker.

Instructions:

This is a circuit-style workout. Using an interval timer, perform each exercise for the prescribed duration with 5 seconds break to switch to the next position. Repeat the round again.

If you are beginner, add 10-15 seconds (or longer if you really need it) of rest between exercises to catch your breath. Take 60 seconds break after the first round. Repeat the round one more time.

For increased challenge, repeat the circuit additional times.

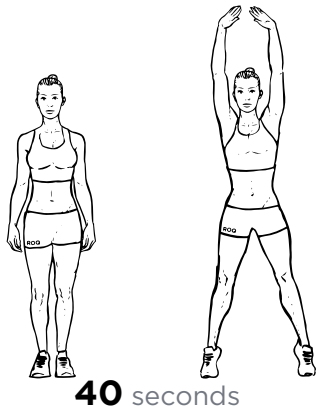
Follow this workout with the included Post-Workout Stretches to kick start recovery, maximize results and help prevent injury.

Exercises in this workout:

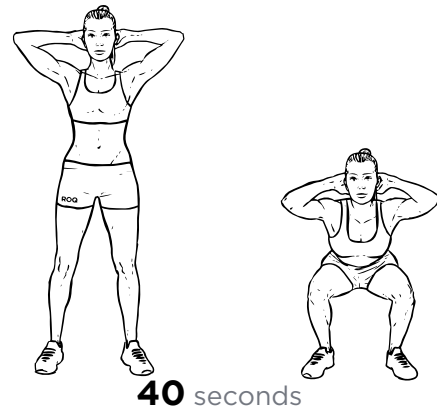
- Jumping Jacks / Star Jumps
- Bodyweight Squat
- Push-up
- Double Crunch
- Bodyweight Walking Lunge
- Mountain Climbers / Alternating Knee-ins
- Bird Dogs / Alternating Reach & Kickback
- Bicycles / Elbow-to-Knee Crunches / Cross-body Crunch
- Hip Raise / Butt Lift / Bridge
- Plank

15 Minute Ab Targeted Workout

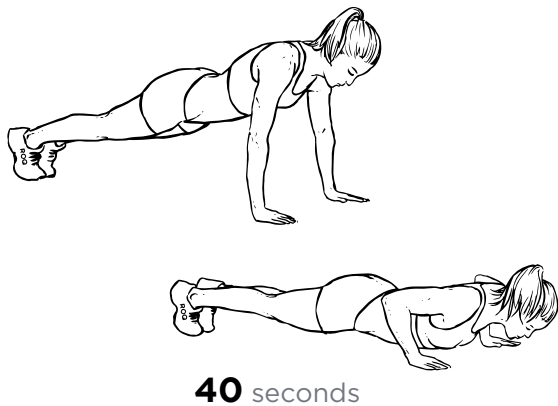
Jumping Jacks / Star Jumps



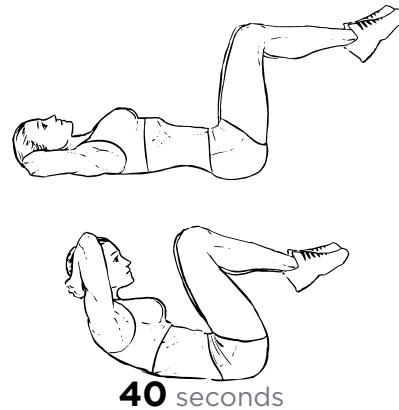
Bodyweight Squat



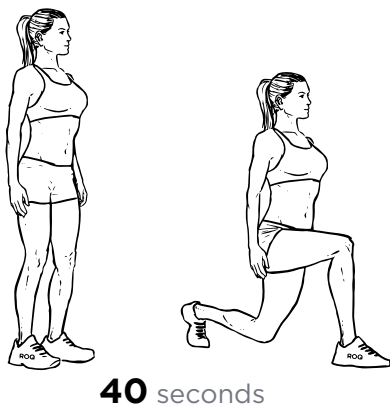
Push-up



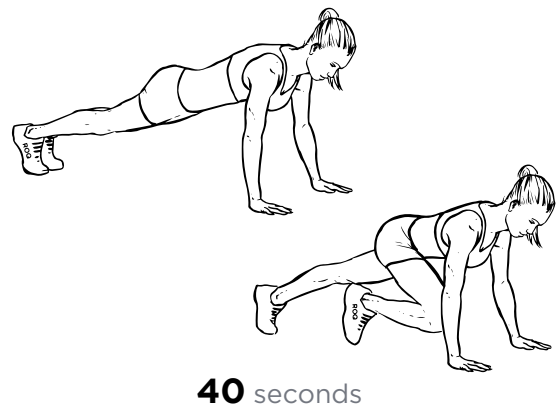
Double Crunch



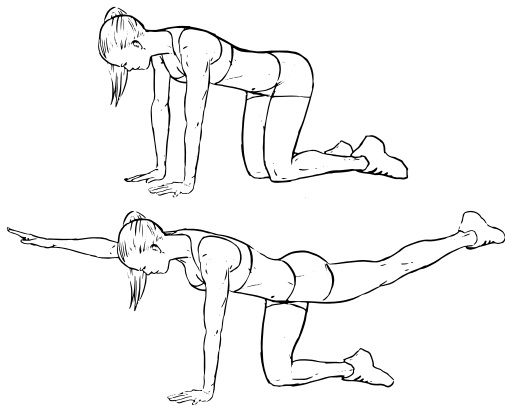
Bodyweight Walking Lunge



Mountain Climbers / Alternating Knee-ins

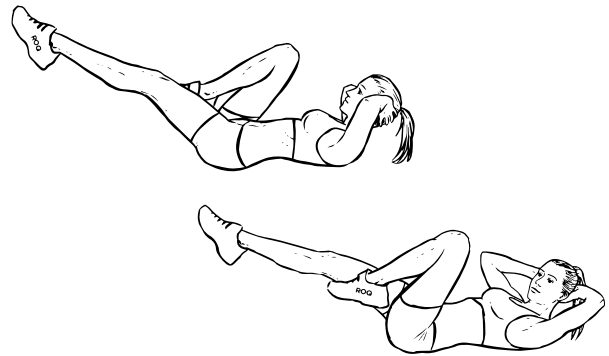


Bird Dogs / Alternating Reach & Kickback



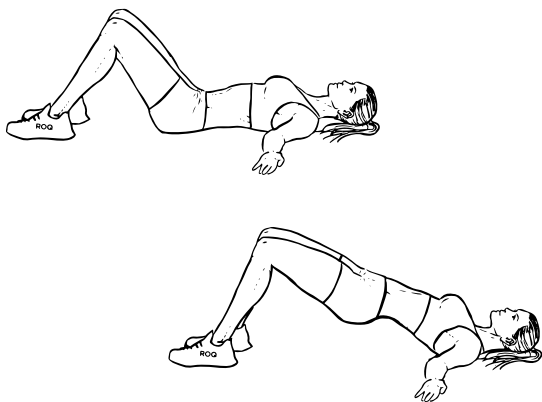
40 seconds

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunch



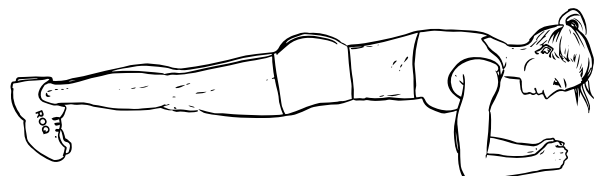
40 seconds

Hip Raise / Butt Lift / Bridge



40 seconds

Plank



40 seconds

Post-Workout Stretches

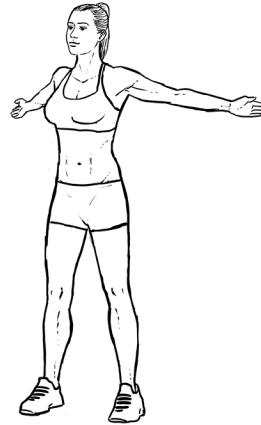
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (you can download any timer app for your phone or get any small timer).**hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



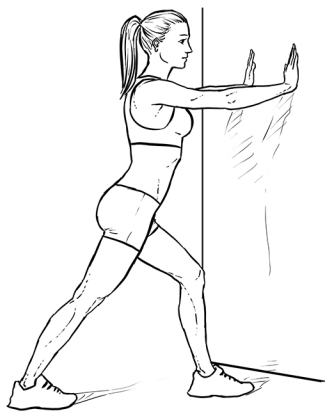
Shoulders × 2



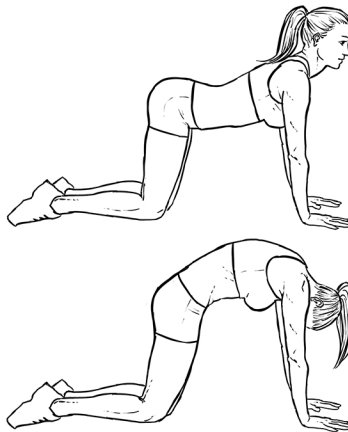
Chest



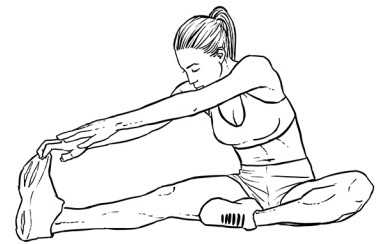
Quadriceps × 2



Calves × 2



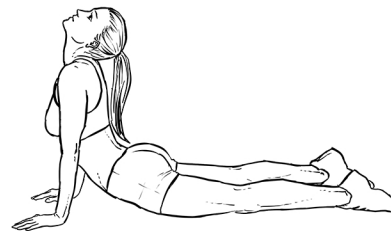
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems