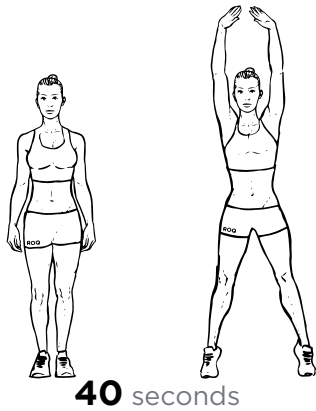
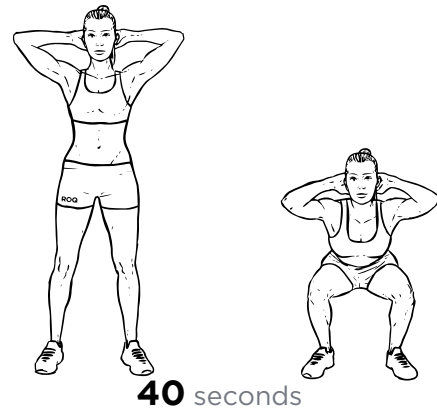


15 Minute Ab Targeted Workout

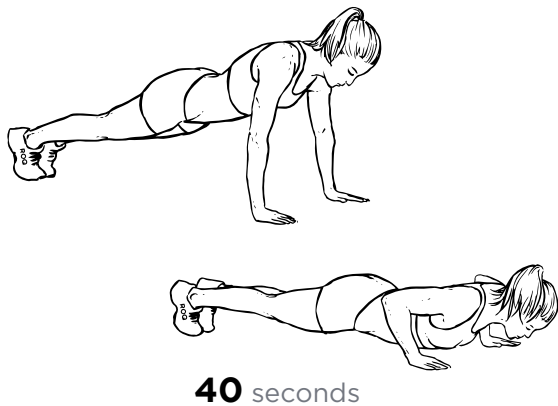
Jumping Jacks / Star Jumps



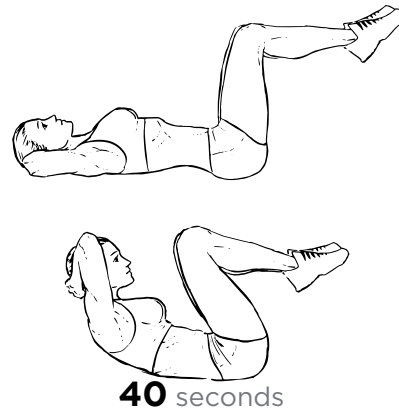
Bodyweight Squat



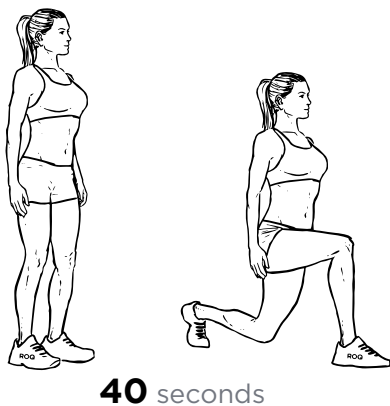
Push-up



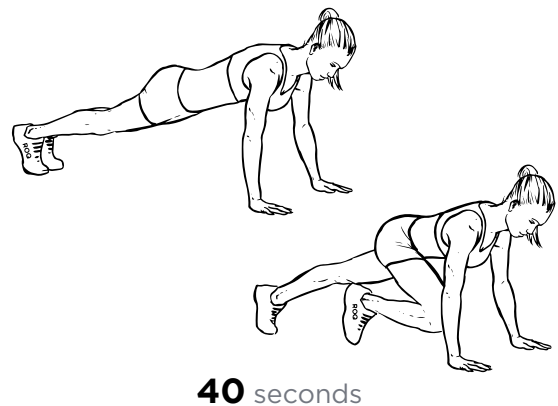
Double Crunch



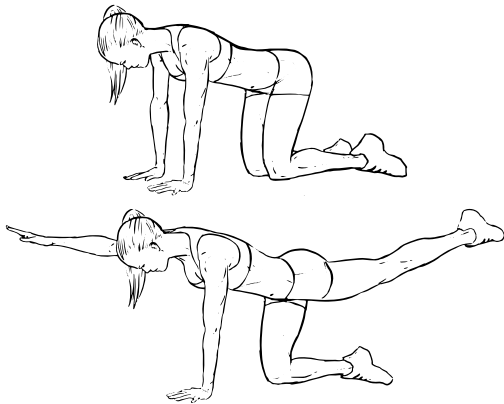
Bodyweight Walking Lunge



Mountain Climbers / Alternating Knee-ins

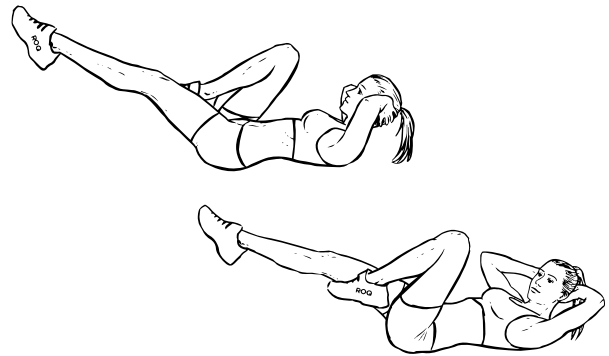


Bird Dogs / Alternating Reach & Kickback



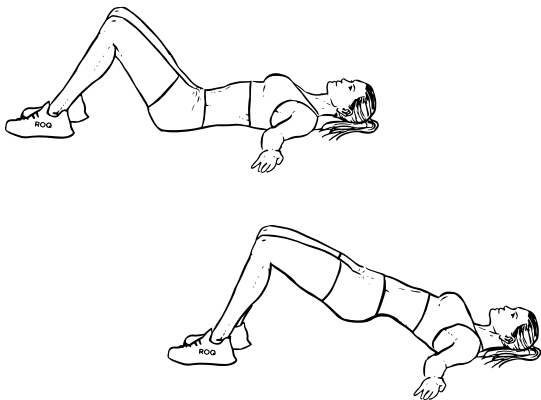
40 seconds

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



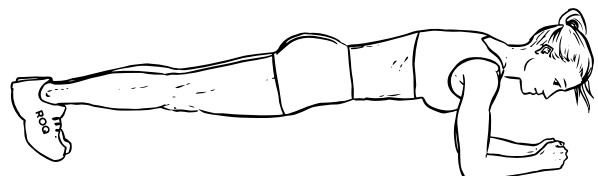
40 seconds

Hip Raise / Butt Lift / Bridge



40 seconds

Plank



40 seconds

Post-Workout Stretches

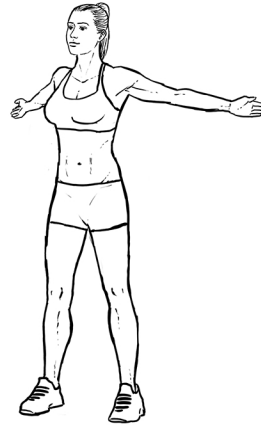
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (you can download any timer app for your phone or get any small timer).**hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



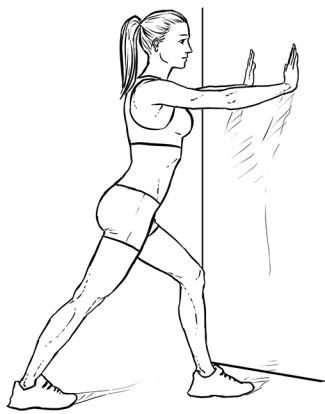
Shoulders × 2



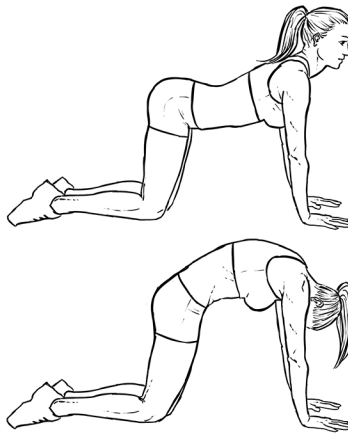
Chest



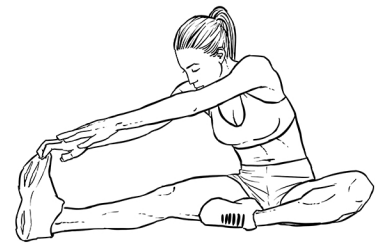
Quadriceps × 2



Calves × 2



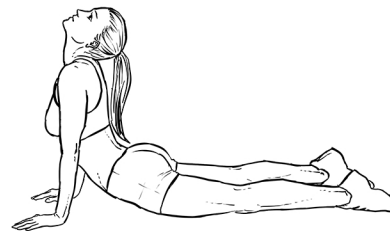
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems