

My Favorite Ab Workout 1

- 1) Plank hold, 2x knee pull in – 8 reps
- 2) Plank hold, hand taps – 16 reps
- 3) Banana Roll – 16 seconds (4 sec on each side)
- 4) Bicycle – 16 reps slow, 26 reps fast
- 5) 2 sit ups, 1 full V up, 1 half V up combo – 2 reps
- 6) Reach leg 2x – 4 reps
- 7) Supermen hold – 8 sec
- 8) Swimmers – 16 reps
- 9) Star Jacks – 8 reps
- 10) Bicycles – 28 reps fast
- 11) 2 sit ups, 1 full V up, 1 half V up combo – 2 reps
- 12) Knee in and out – 8 reps
- 13) Plank hold, arm walks – 8 reps
- 14) Push ups – 4 reps slow
- 15) Plank hold, arm walks – 4 reps
- 16) Push ups – 5 reps faster
- 17) Plank hold, arm walks – 1 reps
- 18) Push ups – 5 reps faster
- 19) Plank hold, arm walks – 1 reps
- 20) Push ups – 1 slow, 2 fast
- 21) Oblique V ups -12 reps each side