

My Favorite Ab Workout 2

- 1) Knee Ins and Outs – 24 reps
- 2) Bicycle – 24 reps (right+left=1)
- 3) Crossed Leg Sit Ups (or Arm to opposite leg) – 24 reps
- 4) In and Outs with Arms – 24 reps
- 5) Scissors – 24 reps
- 6) Hip Rocks – 24 reps
- 7) Leg Climbs – 12 each side
- 8) Mason Twist – 24 reps (right+left=1)
- 9) Oblique V ups – 12 each side
- 10) Pulse ups (feet to the ceiling) – 24 reps
- 11) V ups (1 sit up/ 1 V up) – 24 reps