



Blazin Abs

(30 seconds for each exercise, 3 rounds)

Warm Up

(5-8 minutes to prepare your body for the workout)

High Crunches (Arms straight up, hold a weight up for more of a challenge)

Leg Raises

Flutter Kicks

Sitting Twists

Side Plank Crunches

Wipers or Half Wipers

Cool Down & Stretch