

STRONG ABS & TONED ARMS

Bodyweight Workout

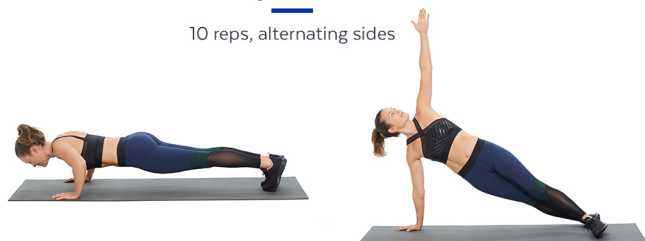
Directions

Warm up with 5 minutes of light cardio, then complete as many reps as you can, keeping good form for 60 seconds. Do 3 rounds of this 5-exercise circuit, then stretch for 5 minutes to cool down.

Circuit 1

1. Push-Up to Side Plank

10 reps, alternating sides



2. Seated Russian Twist

20 reps



3. Elbow Side Plank With Pulse

20 each side



Circuit 2

4. Pilates Scissor

20 reps



5. Slow Mountain Climber

20 reps



6. T-Cross Sit-Up

10 reps, alternating sides



Circuit 3

7. Side-Walking Plank

10 reps, alternating sides



8. Standing Elbow to Knee

20 reps, alternating sides



9. Up-Down Plank

5 reps, each side

