



### Abs Circuit 1

#### Equipment

#### Time

15 Minutes

#### Circuit

Rest for 15 seconds between each exercise and rest for 2-3 minutes between each round.

<b>Exercise</b>	<b>Round 1</b>	<b>Round 2</b>	<b>Round 3</b>
Situps	45 Seconds	45 Seconds	30 seconds
Heel Touches	45 Seconds	45 Seconds	30 Seconds
Russian Twists	45 Seconds	45 Seconds	30 seconds
Flutter Kicks	45 Seconds	45 Seconds	30 Seconds
Plank	45 Seconds	45 Seconds	30 Seconds