



Abs Circuit 2

Equipment

Time

15 Minutes

Circuit

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

| Exercise | Round 1 | Round 2 | Round 3 |
|----------------------|------------|------------|------------|
| Crunches | 45 Seconds | 45 Seconds | 30 seconds |
| Leg Raises | 45 Seconds | 45 Seconds | 30 Seconds |
| Side Star Plank | 45 Seconds | 45 Seconds | 30 seconds |
| V-Ups | 45 Seconds | 45 Seconds | 30 Seconds |
| Elbow to Knee Situps | 45 Seconds | 45 Seconds | 30 Seconds |