

# Ab Workout A - Beginner



This workout is for your abs!

Note: remember to consult a medical practitioner before attempting any workout if you have any medical conditions and/or are pregnant.

## 20 mins Circuit

Warm up for min 3-5 minutes prior. Warm up can be arms circles and shoulder rolls whilst walking around. Warm your body up by jogging on the spot and getting the blood moving. If it is especially cold, please warm up for at least 10 mins.

Set a timer for 20 x 1 min rounds

- \* 1 min Crunches
- \* 1 min Bicycle crunches
- \* 1 min Bridge Holds
- \* 1 min Plank on knees
- \* 1 min Reverse Crunches
- \* 1 min Stretch and rest
- \* 1 min Full Sit up
- \* 1 min Donkey Kickbacks
- \* 1 min Side Crunch
- \* 1 min Cobra Stretch

REPEAT