

KILLER AT HOME AB WORKOUT

DO EACH EXERCISE FOR 30 SECONDS AND THEN REST FOR 10 SECONDS.

EXERCISE #1: SINGLE LEG LIFTS



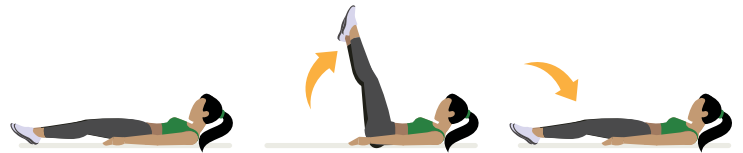
EXERCISE #2: ROTATING PLANK



EXERCISE #3: HIP RAISES



EXERCISE #4: LEG LIFTS



EXERCISE #5: MOUNTAIN CLIMBERS



EXERCISE #6: HOPPING IN AND OUT



You can find the full article with exercise descriptions online at
WWW.DHERBS180.COM/CATEGORY/ARTICLES

