

# 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](http://WWW.DHERBS180.COM/CATEGORY/ARTICLES)