



Abdominal Crusher 3.0

with MAMAVATION

Bridge – 1 Minute

25 Sit ups.

25 Flutter Kicks

25 Crunches

Bridge – 1 Minute

25 V-UP

25 Leg Tuck and Twist

25 Leg Lifts

Bridge – 1 Minute

25 Crunches Left Side

25 Crunches Right Side

25 Rocky Sit ups

Bridge – 1 Minute

Beginner X 1

I'm Not Afraid X 2*

I'm the fittest one on the block X 3*

*NOTE: Skip the first Bridge when repeating, so you don't bridge twice in a row.