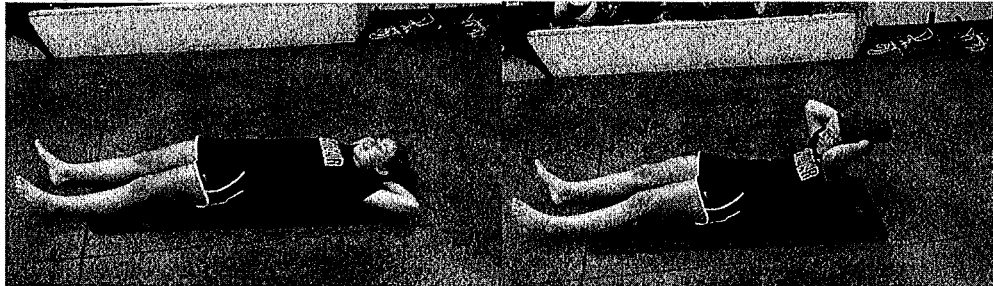


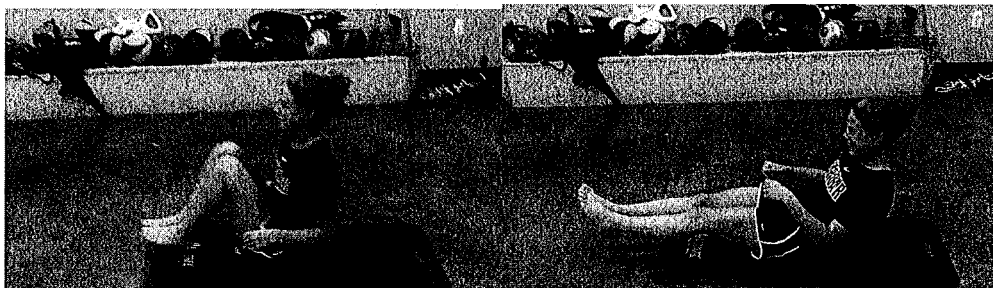
30/30 Ab Routine

Perform each exercise for 30 seconds. Rest 30 seconds. One time through is one set. Work up to 3 sets. For multiple sets, repeat each exercise until done, then move on to the next exercise. The goal is 40 reps performed in 30 seconds for each set of every exercise except Lean and Hold.

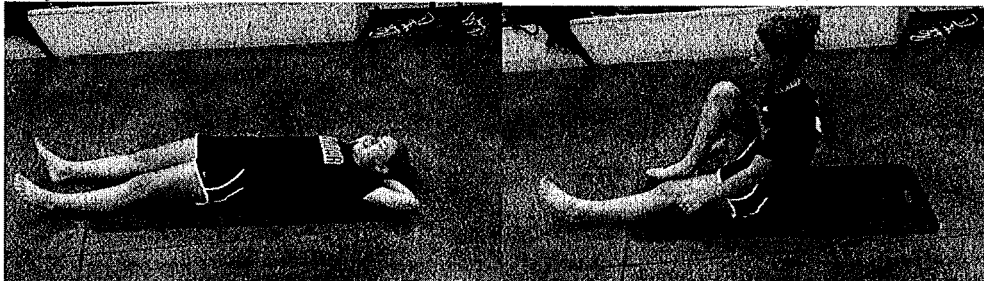
Straight Leg Crunch



Knee ins



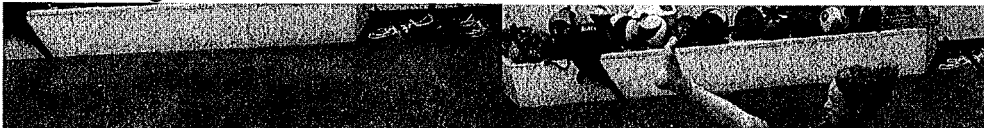
Bicycle



Leg Bounce



Alternate Leg Crunch



30/30 Ab Routine

Perform each exercise for 30 seconds. Rest 30 seconds. One time through is one set. Work up to 3 sets. For multiple sets, repeat each exercise until done, then move on to the next exercise. The goal is 40 reps performed in 30 seconds for each set of every exercise except Lean and Hold.

Lean and hold



V Up

