



*Simply Strong*  
ABS

Your Ab workout is 5 minutes each day.  
I have developed 2 workouts for you to choose from.  
Add 1 Ab session to the end of our workout each day.

### **Ab #1**

1 DB Russian Twist 10 - 30 sec  
Ankle Taps - 30 sec  
1 DB Otis-Ups - 30 sec  
Plank - 30 sec  
Rest - 30 sec  
**Repeat**

### **Ab #2**

DB Weighted Crunch - 30 sec  
Twisting Crunch - 30 sec  
DB Windmill - 10 each side  
Plank - 30 sec  
Rest - 30 sec  
**REPEAT**