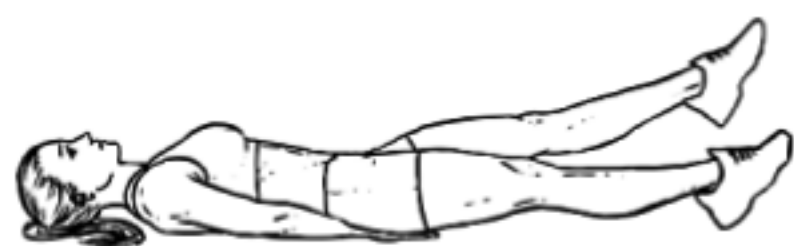
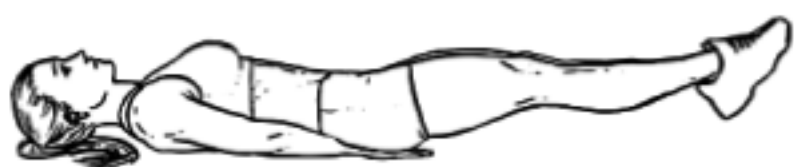


# CLICK TO VIEW & PRINT

## Abs, Abs, & Abs - Home Ab Routine



Flutter Kicks  
**3 sets / 40 reps**



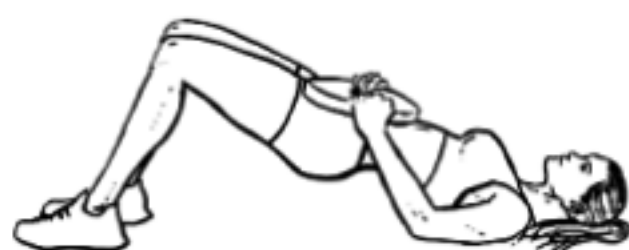
Crunches  
**3 sets / 12 reps / 45 sec rest**



Alternate Heel Touchers /  
Lying Oblique Reach  
**3 sets / 40 reps**



Lying Leg Raises / Lifts  
**3 sets / 12 reps / 45 sec rest**



Weighted Glute Bridges  
**3 sets / 12 reps**



Medicine Ball V-Ups  
**3 sets / 12 reps / 45 sec rest**

...and 1 more exercise