Gattlouse Fitness

1k Ab challenge

10 Exercises. 10 Reps. 10 Rounds

V Ups

Heel Touches - ct 1 side

Reverse Crunch

Side Rocking Plank - ct both sides

Plank Kick Outs - ct both sides

Bike Crunches - ct 1 side

Mt. Aimbers - et both sides

Wide Leg Crunches – ct both sides

Twists - ct 1 side

Table Top Crunch

Always consult your physician and/or nutritionist before changing your exercise and/or eating regimen.