

Gatthouse 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. Climbers - ct both sides

Wide leg Crunches - ct both sides

Twists - ct 1 side

Table Top Crunch