

C2BFF Abdominals 101

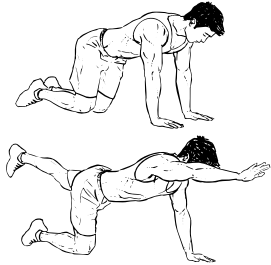
33 min · Abs, Back, Legs



Steve N.

THIS IS A GREAT WORKOUT IF AFTER YOU FINISH THE ENTIRE WORKOUT YOU FEEL YOU WANT MORE, GO FOR IT AND PERFORM THE MOVES A 2ND TIME! ALL MY BEST! ENJOY!

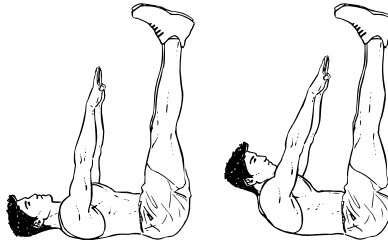
Bird Dogs



1 sets 40 reps

20 reps to each side

Toe Reaches



0:15 rest

1 sets 20 reps

Alternate Heel Touchers



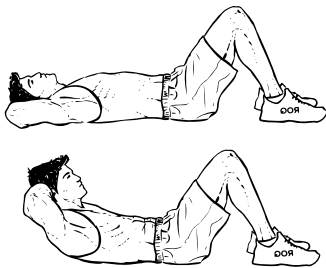
0:15 rest

1 sets 40 reps

20 to each side

0:15 rest

Crunches



1 sets 20 reps

Bicycles

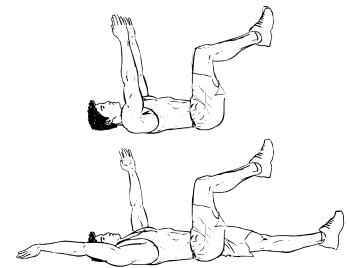


0:15 rest

1 sets 40 reps

20 reps to each side

Dead Bug



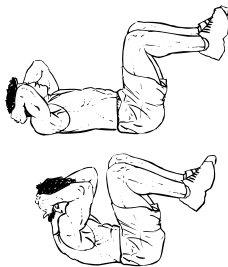
0:15 rest

1 sets 40 reps

20 reps to each side

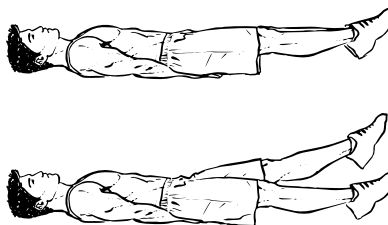
0:15 rest

Double Crunches



1 sets 20 reps

Flutter Kicks



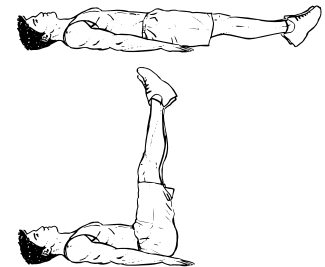
0:15 rest

1 sets 20 reps

10 EACH LEG

0:15 rest

Lying Leg Raises

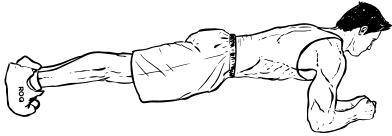


1 sets 20 reps

0:15 rest



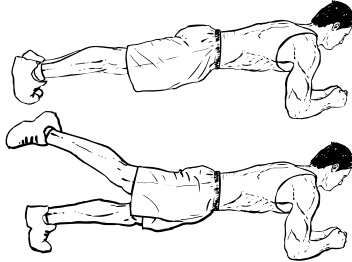
Plank



0:15
rest

1 sets 60 secs

Plank Leg Lifts

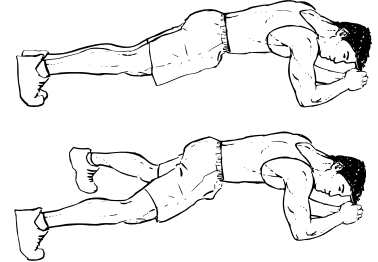


0:15
rest

1 sets 40 reps

20 reps each side

Plank Jacks



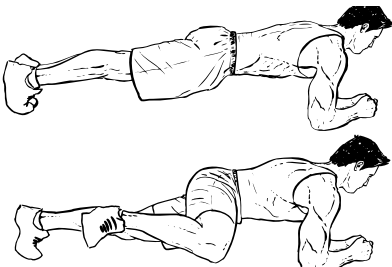
0:15
rest

1 sets 20 reps

20 reps each side

0:15
rest

Plank Knee to Elbow

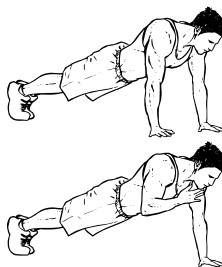


0:15
rest

1 sets 40 reps

20 reps each side

Plank Shoulder Taps

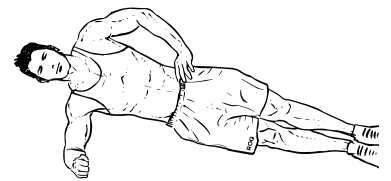


0:15
rest

1 sets 40 reps

20 reps each side

Side Plank



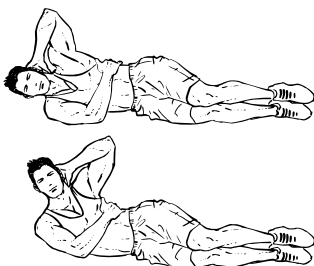
0:15
rest

1 sets 60 secs

30 seconds each side

0:15
rest

Oblique Crunches

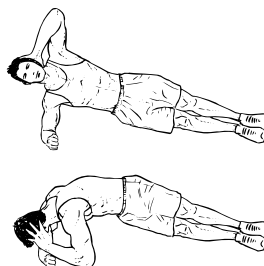


0:15
rest

1 sets 40 reps

20 reps each side

Side Plank Rotations

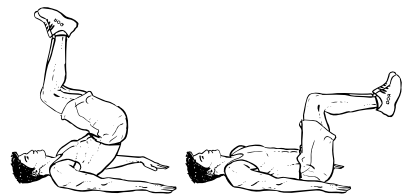


0:15
rest

1 sets 40 reps

20 reps each side

Reverse Crunch



0:15
rest

1 sets 20 reps

