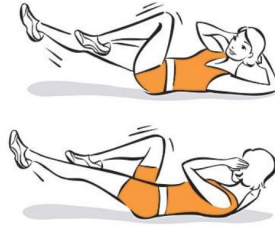


Brian's Ten-Minute Workout Series

ABS

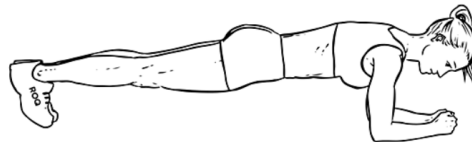
Equipment Needed: A mat to lay down on

Exercise: Bicycle Crunches



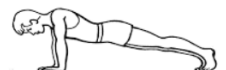
Lying down on the floor, do 20 seconds of bicycle crunches at a good pace. Take a 10 second break and repeat the same pace for 20 seconds. Take a 10 second break and do 20 seconds at a very fast pace. Rest for 10 seconds and repeat the fast pace for 20 seconds. Rest for 10 seconds and do 20 seconds at a very slow pace. Rest for 10 seconds and repeat the slow pace for 20 seconds. Rest for 10 seconds and do 20 seconds at a good pace (like the first round). Rest for 10 seconds and finish with 20 seconds of bicycles at a very fast pace.

Exercise: Planks



Get into plank position and try and hold the plank for 30 or more seconds. Take a 20 second break and repeat for up to 30 seconds. Repeat this for 6 rounds total.

If you can hold the plank longer, try to maintain that time for the six rounds.



If the plank bothers your lower back, do a straight-armed plank instead.