



## **ABS Workout**

### **10 Min Warm up**

AMRAP 10 Min

- 20 Jumping Jacks
- 20 Squats
- 20 Mountain Climber
- 20 Saw

### **ABS Workout Circle**

2 Min. jede Übung (Zirkel evtl. 2-3 mal machen)

- Hollow Rocks
- Spiderman Plank Crunch
- Romanian Twist
- Bicycle Crunch
- Cross Crunch
- Side Plank re
- Side Plank li