

# 8 MINS TO FLAT ABS



10 CRUNCHES



10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS (PER SIDE)



10 DYNAMIC PLANKS



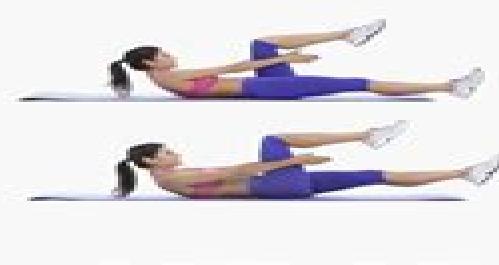
10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS REST BETWEEN SETS UP TO 1MIN

## Abs Exercise Picture

**Howard Vanes**

## Abs Exercise Picture:

*JC's Total Body Transformation* Juan Carlos Santana, 2019 JC's Total Body Transformation features more than 110 ready to use workouts for athletic performance muscle mass fat loss endurance strength agility function and mobility along with the nutritional interventions that will help you transform your body

*Essential Abs* Kurt Brungardt, 2001-05-18 Provides instructions on following a six week program designed to help men integrate abdominal exercises into a workout either at home or at the gym and suggests ways to build abdominal muscle for fitness or participation in sports

## **Fast Six Pack Abs**

Frank C. Rollins, 2015-03-22 If you are interested in learning everything there is to get fast results of 6 pack abs then this is going to be the most important book you'll ever read. Just imagine being able to get cut sexy abs without doing harmful exercises and without a personal trainer. Lose belly fat for six pack abs the right way no overhyped supplements long boring cardio or bogus ab gadgets. You will get the honest answers to abdominal exercises and stomach fat loss. Yes you could have a six pack. It truly is possible but you just need to know how. Start Loosing Weight and Getting In Shape in Just 7 Days. Here's what you'll discover in Fast Six Pack Abs: How to get the six pack you have always dreamed of. And FAST How to prepare yourself mentally so you can succeed physically. 3 little known yet simple diet to get great abs. And keep them. A 6 week training program that get you the 6 pack abs you are looking for. Exercises with step by step instructions where they are and what they do. Exercise alone is not enough. Discover the holistic system combined with diet nutrition plan to get you over the top. And much more

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