

# 12-MINUTE ABS

## BUILD A STRONG CORE

Complete the exercises one after the other with no rest in between. Then repeat for a total of two times through.

Crunches - 25 reps

V-Ups - 10-12 reps

Scissor Crunches - 24 reps

Reverse Crunch - 12-15 reps

Russian Twists - 20 reps

Cross Body Mountain Climbers - 30 reps

### BONUS:

Plank - 30 sec hold; increase the time with each workout.