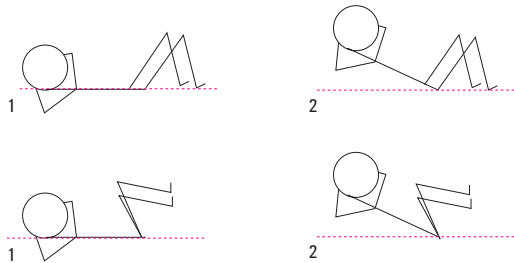


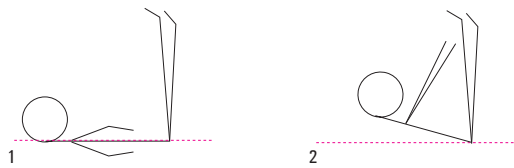
# it's **CRUNCH**time

The goal for this workout is to accomplish each exercise in order, one after another with little rest time in between (3-5 seconds).

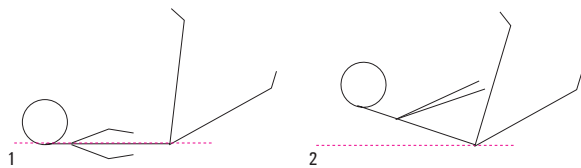


**20x**  
**crunches**  
crunches with feet on floor or

feet off floor

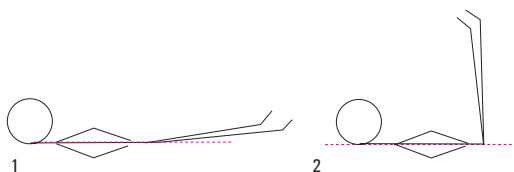


**20x**  
**toe touches**  
feet off floor legs up (90°) reach for feet



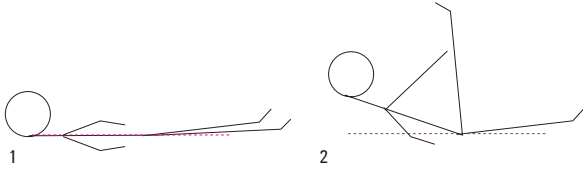
**10x**  
**right triangle**  
right leg up, left leg (45°) reach past right leg  
with both hands

**10x**  
**SWITCH LEGS**



**20x**  
**leg raises**  
hands under butt, raise both legs together (90°), legs straight

# it's 2 CRUNCHtime



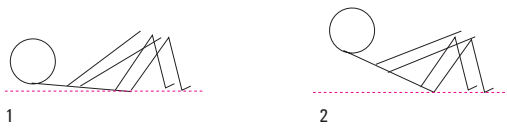
10x

## alternating leg raises

left leg on floor, lift right leg touch with left hand

10x

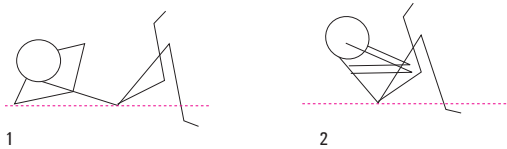
## SWITCH LEGS



15x

## fingers to palms

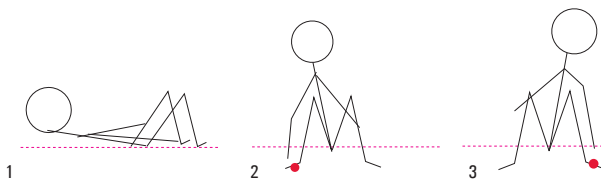
Touch fingertips to knees and crunch forward to palms. Return back to fingertips without touching back to floor.



20x

## elbow to knee

Hands behind head, cross right leg over left leg. Touch right elbow to right knee (10x) Touch left elbow to right knee (10x)



40x

## side to side heel touches

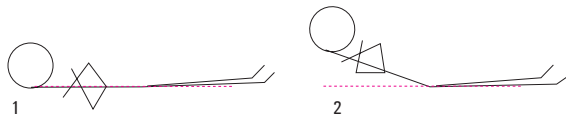
Elevate back off floor (1) lean to right and touch right hand to side of right foot, lean to left and touch side of left foot with left hand. Stay elevated and move side to side quickly.

# it's 3 CRUNCHtime



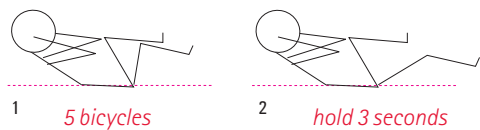
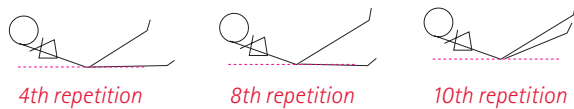
## 15x leg curls

Hands under butt. Lift legs off ground (25°) curl into chest and back out again.



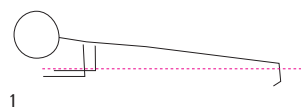
## 10x leans

Lay flat with legs straight out on floor and arms crossed over chest. Raise upper body to 45°, hold for 5 seconds and lay down. Repeat. On the 4th repetition, raise right leg and hold. On 8th repetition, raise left leg and hold. On the 10th, raise both legs and hold for 10 seconds.



## 50x bicycles 10 holds

5 bicycles then hold for 3 seconds touching elbows to knees. Repeat.



## 60 sec. thinker

Hold position for 60 seconds keeping body in straight line.