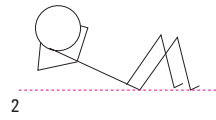
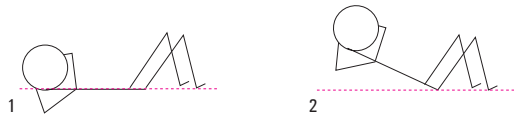
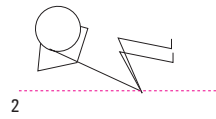
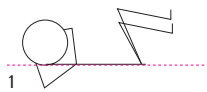


it's **CRUNCH**time

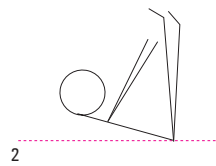
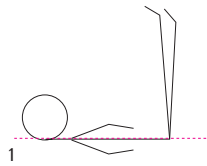
The goal for this workout is to accomplish each exercise in order, one after another with little rest time in between (3-5 seconds).



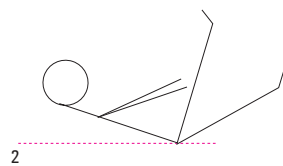
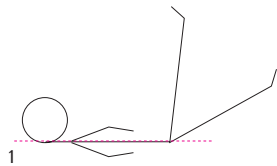
20x
crunches
crunches with feet on floor or



feet off floor

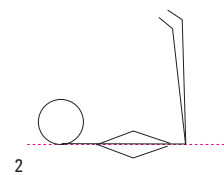
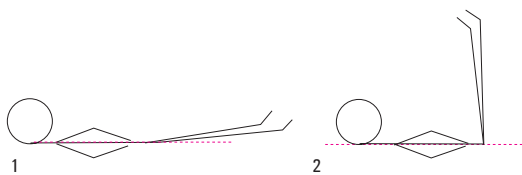


20x
toe touches
feet off floor legs up (90°) reach for feet



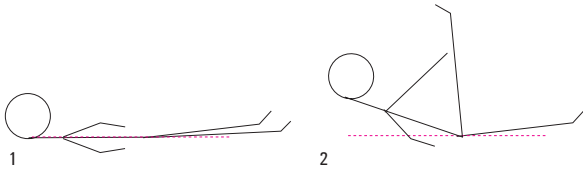
10x
right triangle
right leg up, left leg (45°) reach past right leg with both hands

10x
SWITCH LEGS



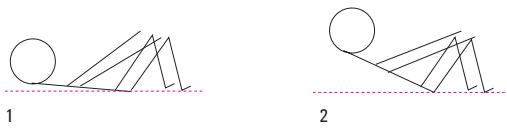
20x
leg raises
hands under butt, raise both legs together (90°), legs straight

it's 2 **CRUNCH** time

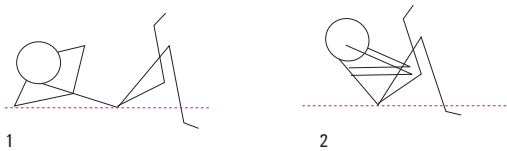


10x **alternating leg raises**
left leg on floor, lift right leg touch with left hand

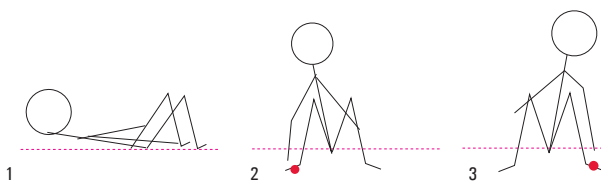
10x **SWITCH LEGS**



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.

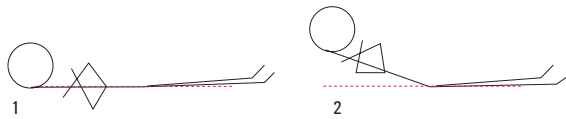
it's **CRUNCH**time

3



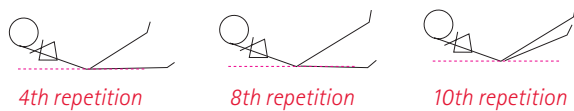
15x **leg curls**

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



10x **leans**

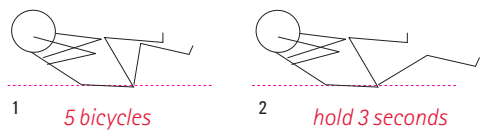
Lay flat with legs straight out on floor and arms crossed over chest. Raise upper body to 45°, hold for 5 seconds and lay down. Repeat. On the **4th repetition**, raise right leg and hold. On **8th repetition**, raise left leg and hold. On the **10th**, raise both legs and hold for 10 seconds.



4th repetition

8th repetition

10th repetition

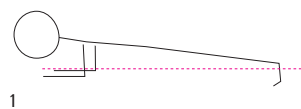


50x **bicycles** 10 **holds**

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

1 5 bicycles

2 hold 3 seconds



60 sec. **thinker**

Hold position for 60 seconds keeping body in straight line.