

ABS N STRETCH

#SAFERATHOME WORKOUT

Add 5 reps to each exercise per round

Round 1

- 5 Crunches
- 5 Double Leg Lifts
- 5 Right-Side Elbow Hip Dip Plank
- 5 Left-Side Elbow Hip Dip Plank
- 5 V-Ups
- 5 Bicycle Crunches (each side = 1)
- 1 Minute Mountain Climbers

Round 2

- 10 X Each Exercise
- 1 Minute Mountain Climbers

Round 3

- 15 X Each Exercise
- 1 Minute Mountain Climbers

Round 4

- 20 X Each Exercise
- 1 Minute Mountain Climbers

Round 5

- 15 X Each Exercise
- 1 Minute Mountain Climbers

Round 6

- 10 X Each Exercise
- 1 Minute Mountain Climbers

Round 7

- 5 X Each Exercise
- 1 Minute Mountain Climbers

STRETCH*

Courtesy of Y
Group Fitness Instructor and Personal Trainer Rene.
Questions? Email fitness@ymcajanesville.org.

