



## 10 minute AB routine

2 sets of 5 minute routines

### Round one

#### DANCING CRAB 10 REPS



Start in crab position with feet and hands on the ground. Butt off the floor and tummy facing up. Next lift one leg and take opposite hand to reach the foot. Lower back down. Repeat on the other side.

#### SIDE PLANK KNEE HUG 10 REPS



Get into side plank, keeping hand and shoulder aligned. Stack feet (beginners can have top leg slightly out in front). Bring knee into chest and grab with hand. Hold. Then lower leg back down and repeat.

### Round two

#### LYING DOWN LEG RAISES 10 REPS



Lie on the floor on your back. Keep lower back in contact with the floor, feet and legs out straight together hovering the ground. Extend legs out and back to center. Lift legs upward until they are straight above the hips. Lower back down and repeat.

#### LOW PLANK KNEE TO ELBOW 10 REPS



Get into low plank. Keep abs up and tight. Begin to bring one knee towards your elbow. Return leg back and repeat on other side.

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