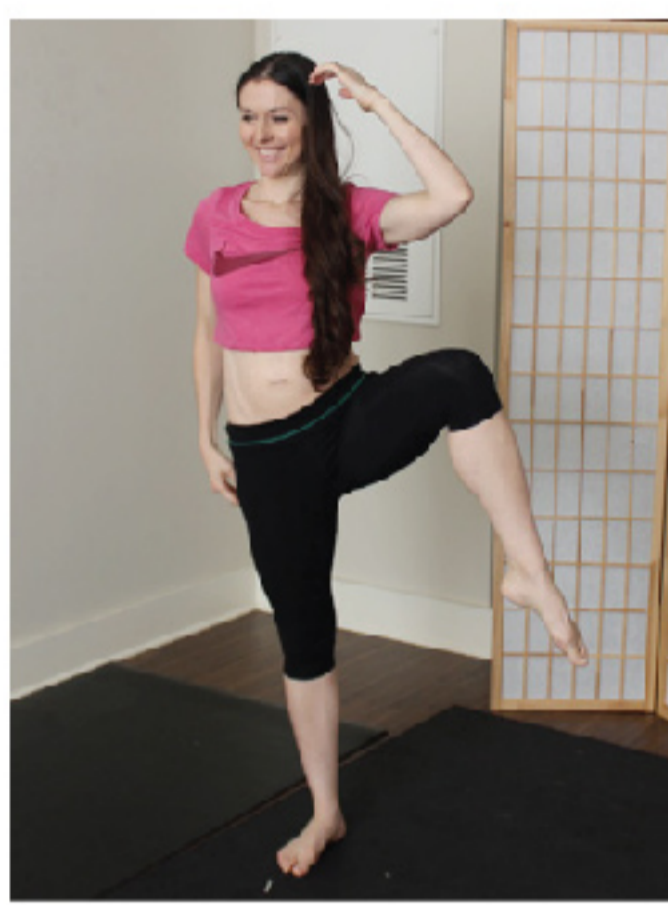


5 Minute Standing Ab Routine

One minute for each exercise.

1 Standing knee to elbow alternating sides



2 Side and front kicks - right side



3 Side and front kicks - left side



4 Squat with woodchop alternating sides



5 Squat with knee up alternating sides

