

10 Minute Ab Blast

The Hundred	100
The Roll Up	3x
Roll Like a Ball	7x
Series of 5 Combo	5x
Spine Stretch Forward / Open Leg Rocker Combo	3x
Teaser 1	3x
Swan Dive	3x
Single Leg Kick	3 sets
Double Leg Kicks	2 sets
Shoulder Bridge	
Rolling Like a Ball to Sit	