

Abs To The Max

The Hundred	100
Roll Up	5x
Arm Circles in Half Roll Up	3 sets
Single Leg Stretch	6 sets
Double Leg Stretch	4x
Single Straight Leg Stretch	7 sets
Double Straight Leg Stretch	5x
Criss Cross	6 sets
Criss Cross Variation	2 sets
Shoulder Bridge	1x
Short Spine Massage	7x
Neck Pull	4x
Flat Back	3x
Saw Variation	2 sets
Thigh Stretch on Stomach	
Plank	