

Killer Abs Full Workout

Footwork	All 6x
Military Roll Up	3x
Single Leg Circles add tree	3x
Series of 5	All 4 sets, 3 set, 2 sets, and 1 set
Single Leg Stretch	
Double Leg Stretch	
Single Straight Leg Stretch	
Double Straight Leg Stretch	
Criss Cross	
Open Leg Rocker	4x
Stomach Massage Series	All 5x
Neck Pull	3x
Corkscrew	3 sets
Coordination	3x
Backstroke	3x
Teaser 1	3x
Swimming	3 breaths
Leg Pull Front	3 sets
Seal	6x