

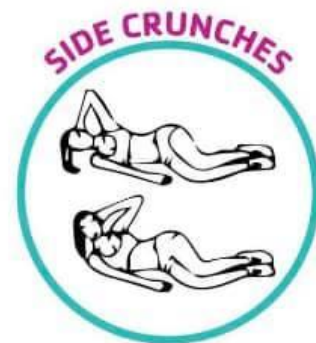
# ABS AND CORE MINI SERIES: PLANKS

Take a few minutes out of your day to check out this core workout that is **ABS-olutely** amazing! Complete each exercise for **30 seconds** and then repeat the circuit **3-5 times** for a complete core workout! Have fun!



# ABS AND CORE MINI SERIES: OBLIQUES

Take a few minutes out of your day to check out this core workout that is **ABS-olutely** amazing! Complete each exercise for **30 seconds** and then repeat the circuit **3-5 times** for a complete core workout! Have fun!



# ABS AND CORE MINI SERIES: LOWER ABS

Take a few minutes out of your day to check out this core workout that is **ABS-olutely** amazing! Complete each exercise for **30 seconds** and then repeat the circuit **3-5 times** for a complete core workout! Have fun!



# ABS AND CORE MINI SERIES: PLANKS 2.0

Take a few minutes out of your day to check out this core workout that is **ABS-olutely** amazing! Complete each exercise for **30 seconds** and then repeat the circuit **3-5 times** for a complete core workout! Have fun!

