

# **BOOT CAMP FITNESS GUIDE**

*Accept The Challenge*



## **10 Minute Ab Workouts**

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### **Workout 1: Bicycle exercise, crunches, flutter kicks**

- 30x Bicycle exercise
- 30 Ab crunches
- 30 Flutter Kicks
- Rest 20 seconds
- Repeat 3 times

### **Workout 2: Ab Crunches, side crunches, reverse crunches**

- 15 Ab crunches (one beat pause at the top)
- 15 Side crunches – right side
- 15 Side crunches – left side
- 20 Reverse crunches
- Rest 20 seconds
- Repeat 3 times

### **Workout 3: V-Ups, McGill Curl Ups, Russian Twist**

- 15 V-Ups
- 30 Russian twists
- 12 McGill curl ups each side
- Rest 20 seconds
- Repeat 3 times