

ab WORKOUT

free week
or
workouts

Ab bikes

Weighted bent leg jackknives

Raised leg sit ups with twist

Sit ups

Mountain climbers

Leg raises on bench

Toe touches

Plank

CIRCUIT ONE

40
reps

Ab bikes (20 each side)



15
reps

Weighted bent leg jackknives



30
reps

Raised leg sit ups with twist (15 each)



20
reps

Sit ups



CIRCUIT TWO

40
reps

Mountain climbers (20 each side)



30
reps

Leg raises on bench



20
reps

Toe touches



30
sec

Plank



Kayla Itsines Program Review

**North Carolina. Department of
Community Colleges. Program
Services Division**



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