

#abs

Set a timer for 20 minutes. Start with the 1st exercise performing 10 reps and then move on to the 2nd and so forth for the entire 20 minutes. Rest as needed. Use weights that are challenging enough to require rest.

#ABSolutely

Exercise	Reps/Sets	Weight Suggestions
Weighted Russian Twist	12	1 Medium Weight DB
Ankle touches	30	No Weight
Flat Lying Leg Raise	12	No weight

#COREscore

Exercise	Reps/Sets	Weight Suggestions
Weighted Crunch	20	1 Medium Weight DB
Starfish Crunch	20 (10 each side)	No Weight
Lying Windshield	20 (10 each side)	No weight

Real Strong Mom Challenge:

Lying on your back spell Real Strong Mom with your feet forwards and backwards :-)