

Abs

WORKOUT DESCRIPTION

Planks for a total of 10 minutes.. (Side planks/plank)

Do this in as many sets as you like.

But when your knees are on the floor time stops.

Just complete the total time of 10 minutes with your knees off the ground.

And keep a straight posture.

No bum in the air!

Good Luck

WORKOUT:

Planks for a total of 10 minutes.. (Side planks/plank included)