

10 Minute Ab Workout- No Equipment

Warm Up

*30 seconds of each

1. High knees
2. Straight leg kicks
3. Walk out plank

Workout

*20 seconds of work, 10 seconds of rest

*2 rounds, resting 1 minute in between rounds

1. Plank (on forearms)



2. Right side plank



Modified Side Plank

3. Left side plank

*Same as pictures above

4. High plank



5. Mountain climbers

*Pull knee towards chest, alternating legs



6. Tabletop leg extensions

*Start on hands and knees, extend one leg out, lift and lower

*20 seconds per side



7. Scissor kicks

*Start with legs up towards ceiling, keep both legs straight, lower leg towards the ground, alternating legs



8. Scissor kicks with arms added

*Start with arms and legs up towards ceiling, lower opposite arm and leg towards the ground, alternating sides

