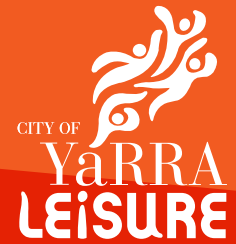


# CORE WORKOUT

## AB FAB



**This ABSolutely fabulous workout will have you in stitches!  
Do each circuit for 6 minutes, smashing out as many rounds as possible.  
Rest for 1 minute between each circuit. Woo!**

### **CIRCUIT 1**

- 1** 30 x bicycle crunches
- 2** 10 x commandos
- 3** 10 x pikes
- 4** 30 x flutter kicks

### **CIRCUIT 2**

- 1** 15 x lying leg raises
- 2** 30 x lying leg scissors
- 3** 30 x bicycles
- 4** 15 x reverse crunches

### **CIRCUIT 3**

- 1** 15 x oblique crunches (left side)
- 2** 15 x oblique crunches (right side)
- 3** 20 x plank shoulder taps
- 4** 20 x sit ups