

CORE WORKOUT

I WANT ABS BY TOMORROW



Look, we aren't fairy god mothers, so there'll be no magic wand waving here - just hard work on your part.

BUT this targeted belly burner workout will get you well on your way to having a core like Thor.

Do each of the 10 exercises below for 50 seconds with 10 seconds of rest between each.

You're doing 3 rounds, go!

WORKOUT

- 1 V ups
- 2 100's
- 3 Butterfly crunches
- 4 Leg raises
- 5 Right oblique plank with internal rotation
- 6 Left oblique plank with internal rotation
- 7 Bicycles
- 8 Toe taps
- 9 Flutter kicks
- 10 Oblique twists