

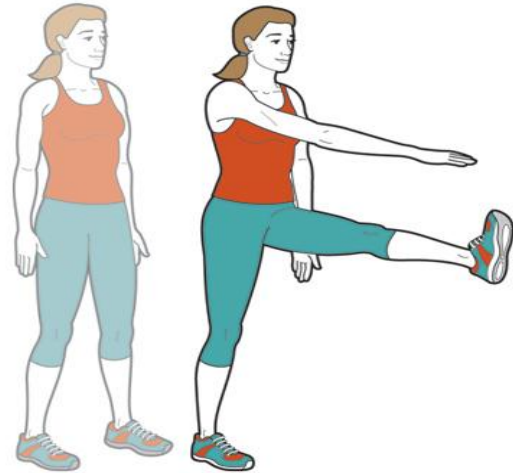
Cardio Abs:

3 Moves to Trim Your Tummy

HIGH KNEES



Leg Kicks



**30 second Mountain
Climbers
in between each ROUND**



Crunch

While up point both
hands to each side

Challenge:

- Round 1: Do 50 Repetitions of each move
- Round 2: Do 40 Repetitions of each move
- Round 3: Do 30 Repetitions of each move
- Round 4: Do 20 Repetitions of each move
- Round 5: Do 10 Repetitions of each move

Remember 1

Repetition means
movement on right
& left side