

WORK AT YOUR ABS

An 8 Hour Work Day Challenge for your Abdominals

Exercise Descriptions at www.keepitmovingfitness.com/workabs

Hour 1:

100 Torso Twists

Hour 2:

90 High Knee Kicks

Hour 3:

80 Engaging Toe Touches

Hour 4:

70 Torso Elbow Kisses

Hour 5:

60 Knee Crunches

Hour 6:

50 Elbow Taps

Hour 7:

40 Wood Choppers

10 Sets

Hour 8:

20 Sets

30s Desk Plank