

The 10 Minute Abs Of Steel Workout

Difficulty Level: Intermediate

Instructions: Do each exercise for the total amount of seconds then immediately move to the next exercise. Once you finish Round 1, rest for 15-30 seconds. Do 5 total rounds.

Round 1	Reps/Time	Completed	Notes
V Ups	30 Sec		
Plank on Forearms	30 Sec		
Flutter Kicks	30 Sec		
Plank Extended	30 Sec		
Rest	15-30 seconds		
Round 2	Reps/Time	Completed	Notes
V Ups	30 Sec		
Plank on Forearms	30 Sec		
Flutter Kicks	30 Sec		
Plank Extended	30 Sec		
Rest	15-30 seconds		
Round 3	Reps/Time	Completed	Notes
V Ups	30 Sec		
Plank on Forearms	30 Sec		
Flutter Kicks	30 Sec		
Plank Extended	30 Sec		
Rest	15-30 seconds		
Round 4	Reps/Time	Completed	Notes
V Ups	30 Sec		
Plank on Forearms	30 Sec		
Flutter Kicks	30 Sec		
Plank Extended	30 Sec		
Rest	15-30 seconds		
Round 5	Reps/Time	Completed	Notes
V Ups	30 Sec		
Plank on Forearms	30 Sec		
Flutter Kicks	30 Sec		
Plank Extended	30 Sec		
Rest	15-30 seconds		