

The Flat Stomach Belly Fat Blaster Workout

Hanging Leg Raise



1 sets 15 reps

Burpees



1 sets 25 reps

Jackknife Sit-up / Crunch



1 sets 15 reps

Mountain Climbers



1 sets 25 reps

Cross-Body Crunch



1 sets 15 reps

Swiss Ball Crunch



1 sets 15 reps

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