# The Flat Stomach Belly Fat Blaster Workout

# Hanging Leg Raise



Jackknife Sit-up / Crunch



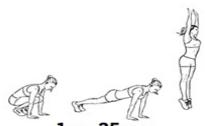
1 sets 15 reps

# **Cross-Body Crunch**



1 sets 15 reps

### Burpees



1 sets 25 reps

#### **Mountain Climbers**



1 sets 25 reps

### Swiss Ball Crunch



1 sets 15 reps

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