

# 10 MINUTE ABS WORKOUT

TUMMY TONING EXERCISE CHART



## Routine

Abs Exercise	Duration
The Hundred	50 Seconds
<i>Rest</i>	10 Seconds
Leg Lowers	50 Seconds
<i>Rest</i>	10 Seconds
Alternating Toe Touch Crunch	50 Seconds
<i>Rest</i>	10 Seconds
Russian Twist	50 Seconds
<i>Rest</i>	10 Seconds
Single Leg Stretch	50 Seconds
<i>Rest</i>	10 Seconds
Boat Pose	20 Seconds
<i>Rest</i>	10 Seconds
Boat Pose	20 Seconds
<i>Rest</i>	10 Seconds
Squat Twists	50 Seconds
<i>Rest</i>	10 Seconds
Standing Pike	50 Seconds
<i>Rest</i>	10 Seconds
Standing High Knee Lifts (Right)	50 Seconds
<i>Rest</i>	10 Seconds
Standing High Knee Lifts (Left)	50 Seconds
<i>Rest</i>	10 Seconds

## Progress

Date	Waist Measurement

## NOTES
