

# 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 |
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## NOTES

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