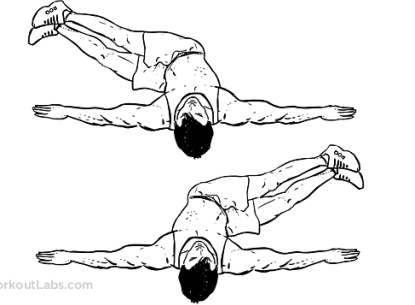






Ab-workout professional

NA ELKE RONDE 2 MINUTEN RUST. DOE IN TOTAAL 3 RONDES. DOE DIT TOT 3 X PER WEEK.

| ACTIVITEIT | TIJD | REPS |
|--------------------|---|--------|
| Windshield wipers |  The illustration shows two side views of a person lying on their back with arms extended to the sides. In the top view, the legs are raised and bent at the knees, with feet together. In the bottom view, the legs are lowered towards the floor. A small watermark 'workoutLabs.com' is visible at the bottom of the illustration. | 10 x |
| Knee-elbow sit-ups |  The illustration shows two side views of a person performing a sit-up. In the top view, the person is lying on their back with knees bent and feet flat on the floor. In the bottom view, the person is sitting up, with their hands behind their head and their knees bent at a 90-degree angle. | 20 x |
| Flutter kicks |  The illustration shows two side views of a person lying on their back with arms extended to the sides. In the top view, the legs are raised and bent at the knees. In the bottom view, the legs are lowered towards the floor. | 20 x |
| Leg raise hold |  The illustration shows a side view of a person lying on their back with arms extended to the sides and legs raised straight up towards the ceiling. | 20 sec |
| Suicide plank |  The illustration shows three side views of a person performing a suicide plank. In the top view, the person is in a plank position with arms extended forward. In the middle view, the person is lowering their body towards the floor. In the bottom view, the person is in a plank position with arms extended forward. | 8 x |