

# Day 3: Abs on Fire

**5-10 MINUTE  
WARM UP**

**2-4 WALK OUTS/ DYNAMIC STRETCH**

**10 MOVES, 3 ROUNDS**

**30 seconds work  
with 1 minute rest**

## **1 LOW PLANK**



## **2 SEESAWS**



## **3 BUTTERFLY CRUNCHES**



## **4 ALTERNATING HEEL REACHES**



## **5 "UP-DOWNS"**



## **6 ALTERNATING HIP DIPS**



## **7 V CRUNCH + LEG EXTENSION**



## **8 SIT-UPS**



## **9 KNEE SLIDE CRUNCH (30 SECS/SIDE)**



## **10 HEEL DROPS**

