

10 MINUTES ONLY!

BEGINNER ABS WORKOUT FOR WOMEN



WARM UP

HIGH KNEES (20 REPS, 10 EACH SIDE)

Place your feet hip width apart. Lift your right knee towards your chest then switch knees with a light hop. Move your arms along the side of your body for balance.



PILATES

(HOLD FOR 10 SECONDS)

Lay on your back and lift your shoulders off the floor while placing your hands next to your hip. Lift your feet up and hold. Make sure your back touches the floor. If your back bows, raise your legs higher for a rounder back. Keep your legs straight.



RUSSIAN TWIST

(10 REPS, 5 EACH SIDE)

Sit on the floor in a 'V' position keeping your knees bent. Move your fists together in front of your belly, then move them together hip to hip. Try to move them as far to the side and down next to your hip as possible. If this is too easy, lean back further.



SINGLE LEG JACK KNIFE

(10 REPS, 5 EACH SIDE)

Lie on your back and stretch your arms above your head. Then lift one leg up and reach your hands toward your foot at the same time. Make sure legs and arms stay straight and your upper body is completely lifted off the floor. Slowly lower your body back down to the starting position then switch legs.



SINGLE LEG JACK KNIFE

(10 REPS, 5 EACH SIDE)

Lie on your back and stretch your arms above your head. Then lift one leg up and reach your hands toward your foot at the same time. Make sure legs and arms stay straight and your upper body is completely lifted off the floor. Slowly lower your body back down to the starting position then switch legs.



PLANK

(20 SECONDS)

Start on your toes and hands or elbows and keep your body straight like a board. Your feet can be hip width apart and your hands or elbows shoulder width. Hold this position. Make sure your hips don't drop too low or rise too high.



FLUTTER KICKS

(20 SECONDS OR 30 REPS, 10 EACH SIDE)

Lie on your back and place your arms next to your body (straight). Lift both legs and keep them straight while moving them up and down the opposite way. If there is a gap between the floor and your back, raise your upper body to round out your back. You can then lean on your elbow and place them next to your body to help hold up the weight.



BICYCLE CRUNCH

(10 REPS, 5 EACH SIDE)

Lie on the floor and place your hand behind your head. Open up your elbows and move the left elbow towards the right knee while twisting your core. Lift the leg in a 90-degree angle towards your elbow. Move back into the starting position then switch sides. Don't put on your head and be sure to keep your elbows open. You are not supposed to see your elbow in front of you.



Consult your healthcare provider and follow all safety instructions before beginning any exercise program or nutrition plan

How To Start Home Workout For Moms For Beginners

Mike Jess



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