

FitSugar's All Abs Workout

Choose one exercise from each section and perform two to three sets of each exercise. Or pick two exercises from each section and do one to two sets. Gut-buster variation: do one set of all nine exercises.

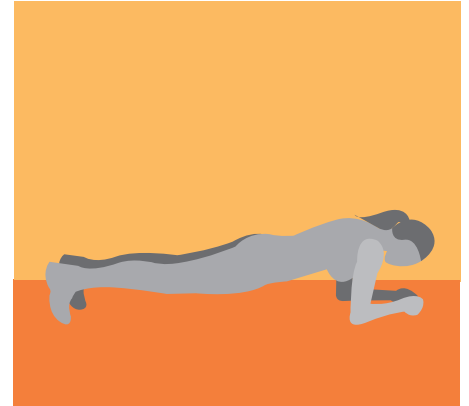
Upper Abs



Crunches on Exercise Ball
25 reps

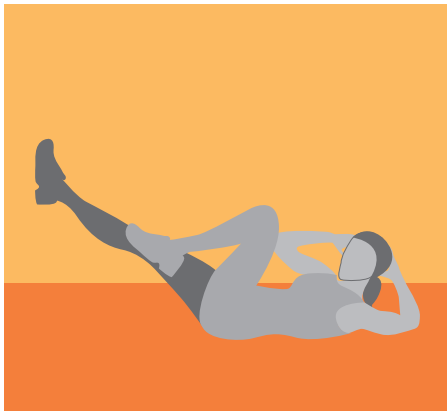


Pilates 100
10 sets of 10 arm pumps



Elbow Plank
Hold for 30 to 60 seconds

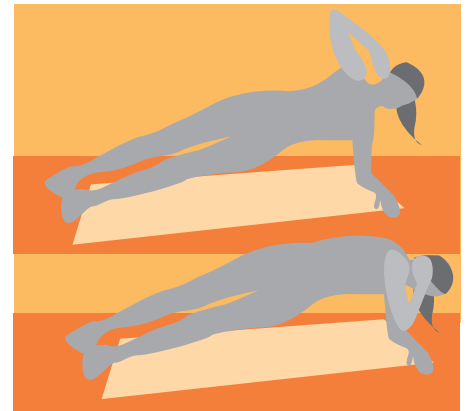
Obliques



Bicycle Crunches
10 sets

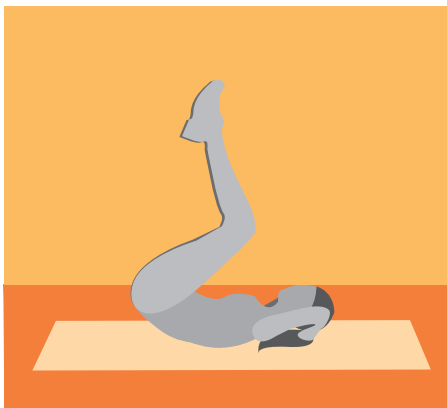


Seated Russian Twist
16 full rotations

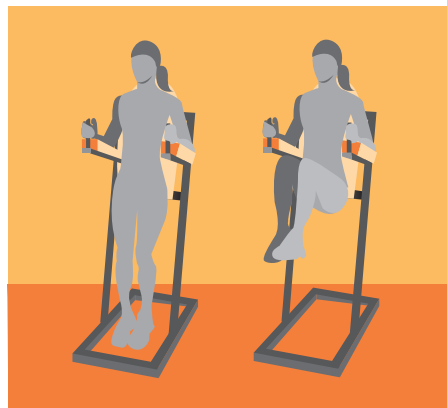


Twisting Side Plank
8 reps, each side

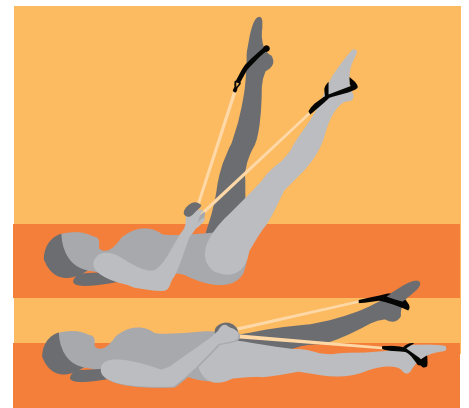
Lower Abs



Reverse Curl
20 reps



Captain's Chair
15 to 20 reps



Resistance Band Flutter Kicks
10 to 15 sets



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