



Coach Fuhrman's Abdominal Workout

Total Workout Time: 15 minutes

- 1 minute warm-up
 - Jumping jacks- 30 seconds on, rest 30 seconds

Dry Land Exercises: 13 minutes

***All exercises are: 30 seconds on, 15 seconds off**

- Crunches
- Flutter kicks
- Scissor kicks
- Push ups
- Reverse crunches
- Russian twists
- Leg lifts
- Long Arm Crunch
- Bicycles
- Burpies
- Superman
- Crunches
- Plank holds
- Squat jumps
- Crunches
- Push ups
- Vertical Leg Crunch

Cool Down: 1 minute

- **Cat stretch:** 15 seconds
- 15 second **rest**
- **Shoulder stretch-** :15 seconds left arm across chest,:15 seconds right arm across chest
- **Chest stretch-** pull both arms behind your back and lift over your head: 15 seconds