

15-MINUTE LOWER BELLY POOCH WORKOUT

1



**BIRD DOG
CRUNCHES**

2



AB REVERSE CURL

3



**FROGGY
CRUNCHES**

4



**SIDE PLANK
LIFT & LOWER**

5



**IN-IN OUT-OUT
PLANK**

6



**SWEEPING
SCISSORS**

7



OBLIQUE BURNERS

**PERFORM EACH MOVE FOR
1:00, REST 1:00, REPEAT 2X!
GET HEALTHY U**