

the Style Safari Ultimate 8 Minute Abs

1



Minute 1 - Straight Arm Planks



Minute 2 - Forearm Plank Pikes

2



Minute 2 - Forearm Plank Pikes

3



Minute 3 - Plank Opposite Knee Tucks

4



Minute 4 - Russian Twists

5



Minute 5 - Opposite Reaches

6



Minute 6 - Scissor Kick Downs with Twist

7



Minute 7 - Reverse Crunches



Minute 7 - Reverse Crunches

8



Minute 8 - Mountain Climbers