

## 10 Ab Exercises For Definition & A Strong Core

Exercise	Time	Rest
Plank	30 seconds	30 seconds
Sideways Plank	30 seconds	30 seconds
Russian Twists	30 seconds	30 seconds
Bicycle Crunches	30 seconds	30 seconds
Reverse Crunches	30 seconds	30 seconds
Mountain Climbers	30 seconds	30 seconds
Bridges	30 seconds	30 seconds
Jack Knives	30 seconds	30 seconds
Leg Raises	30 seconds	30 seconds
Hollow Body Hold	30 seconds	30 seconds

For help follow the links below:

<https://www.exercise.co.uk/learn/10-ab-exercises-for-definition-and-a-strong-core/>

<https://www.youtube.com/watch?v=il75rMlo2v4>