

Here is a good 15 minute workout routine for your abs. This routine includes three ab exercises along with a 5 minute cardio exercise.

1. JOGGING

Jog for 5 minutes straight

2. ABS - CRUNCHES

Starting Position: Start flat on your back. Bend your knees and hips. Place your feet flat on the floor. Cross your arms over your chest, with each hand touching the opposite shoulder. -

Movement: Exhale as you curl up slowly pulling your head, neck, shoulders and upper back off the floor. Keep your lower back on the floor throughout the exercise. At the upper limit of this movement, "crunch" or squeeze the abdominal muscles by holding the position for 1 - 2 seconds. Slowly release the curling motion, and inhale as you return to the starting position. Repeat as required.

How Many: 3 set of 25

Rest: 20 seconds

3. ABS -SIDE CRUNCHES

Make sure you do both sides. Switch sides

How Many: 3 set of 25

Rest: none go from one side to the other for three sets.

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