



**SUGGY FITNESS**

Mobile & Online Personal Training

*Design Yourself*

# 10 Minute Program for Six Pack Abs

Here is a simple ab program that only takes 10 minutes to complete, but will be sure to get your core burning! All you need to do this program is your own bodyweight. The program consists of 10 different ab exercises that target all the muscles of your core

1. **Crunch**
2. **Side Crunch**
3. **Other Side Crunch**
4. **Flutter Kicks**
5. **Russian Twist**
6. **Side Plank**
7. **Other Side Plank**
8. **Front Plank**
9. **Ab Bicycle**
10. **Reverse Crunch**

Here are 3 different timed interval programs you can do:

**Beginner:**

**30 sec on/ 30 sec off  
per exercise**

**Intermediate:**

**45 sec on/ 15 sec off  
per exercise**

**Advanced:**

**60 sec on/ 0 sec off  
per exercise**

Start at beginner, and work your way up to advanced as you get stronger and more comfortable with the program.

Disclaimer: The content of this resource is for general knowledge only and does not constitute any medical advice. It contains one person's ideas, concepts, and opinions, and you must apply these at your own risk. This resource is not tailored to you as an individual, and it is up to you to make adjustments as necessary. You accept sole responsibility for the outcomes of these ideas, concepts, and opinions; the author is not liable for any possible injuries, loss, damage, or health related issues that may occur from using this resource. Always consult a physician/ health care professional prior to any exercise/ diet changes.



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