



# 30-minute Interval Workout

For A Flat Stomach

5-MINUTE WARM-UP

1MIN BRIDGE WITH SIDE REACH



30SEC JUMPING JACKS



1MIN SPEED SKATERS



30SEC JUMPING JACKS



1MIN DOUBLE SIDE OBLIQUE PLANK



(KNEE TO ELBOW)

30SEC JUMPING JACKS



1MIN CURTSEY LUNGE



(WITH CIRCULAR MED-BALL OVERHEAD ARM PRESS)

30SEC JUMPING JACKS



10/LEG SIDE STEPS



(WITH OR WITHOUT BAND)

30SEC JUMPING JACKS



5-MINUTE COOL DOWN

3 ROUNDS COMPLETE THREE ROUNDS OF THIS CIRCUIT WITH A MINUTE REST IN-BETWEEN EACH ROUND.

\*ALWAYS SPEAK WITH YOUR DOCTOR BEFORE STARTING ANY NEW WORKOUT PROGRAM.



Workouts have been tested & approved by the Active.com lifestyle editors.

