

I suggest you do your abs before your steady cardio. But it's totally your choice, as long as they both get done!

Day 2 – Steady State Cardio & Abs

For your steady state cardio pick a cardio equipment of your choice. It can be done outdoors as well. Go at a steady pace for a minimum of 30 minutes and a maximum of 60 minutes.

Abs

Do all 3 ab exercises back to back. Take 1 minute break and repeat 2 more times. For a total of 3 rounds.

1. Stability Ball Crunch or regular crunch on the floor – 20 reps.



2. Side Bridge (30 seconds each side) (45 second intermediate) (60 seconds advanced)



3. Legs straight up, butt lift of the ground. (reverse crunch) - 8 to 15 reps

