

DAY 9 – Steady State Cardio & Abs

Pick a cardio exercise of your choice – elliptical, bike, skipping rope, treadmill, walk and or jog (indoor or outdoor) etc... Go at a steady pace for 30 - 45 minutes. Try to add a few minutes to the last one.

Abs

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

1. **V-up** – (Beginners modified version is to keep your legs straight in the air, bring your hands and touch your feet) If you can - do a Full body V-up – 15 reps



2. **Bicycle crunch** (modified, use just your legs) – 20 - 30 reps.



3. **Laying leg raises one at a time**- 20 reps

