

ABS & BOOTY WORKOUT

COMPLETE WORKOUT 5X THROUGH

PLIE SQUAT
W/
ALTERNATING
OBLIQUE
CRUNCH



RDLs
(Romanian
Deadlifts)

15 REPS



SIDE PLANK
W/
LEG LIFTS

12 PER
SIDE



OBLIQUE
V-UPS

20 REPS
PER
SIDE



KNEE TO
ELBOW
PLANK TO
BOOTY
KICKBACK

20 REPS
PER
SIDE

