



Abs Training Workout

Exercise	
7 Minutes Jumping Rope	
1 minute jumping jacks	
30 seconds ab crunches on stability ball	3 sets superset, no rest between exercises, but 60 seconds rest after each set
30 seconds plank	
30 seconds mountain climbers	
30 seconds stability ball pull ins	
1 minute squat and kick	
30 seconds push ups close grip	
30 seconds lunge steps	
1 minute russian twists on stability ball	
7 minute jump rope	

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)