



WeightLoss & Training.com

Lower Abs Workout

Exercise	Set 1	Set 2	Set 3
Bicycle Kick on a Bosu Ball			
Hanging Knee Raises			
Ab Roll Exercise			
Superset of Toe Touch and Hip Raise			
Bosu Runners			

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