

JAR OF LEMONS

BEACH-READY ABS WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)



**HEEL
TOUCHES**

30 REPS

(ALTERNATING
SIDES)

**RUSSIAN
TWIST**

30 REPS

(ALTERNATING
SIDES)



TOE TAPS

25 REPS

**WIDE LEG
SCISSORS**

30 REPS

(ALTERNATING
SIDES)

