

Jar Of Lemons

7-MINUTE ABS WORKOUT

(DO EACH MOVE FOR 1 MINUTE 3 TIMES A WEEK!)



◀ MOUNTAIN CLIMBERS

JACK KNIVES ▶



◀ FLUTTER KICKS



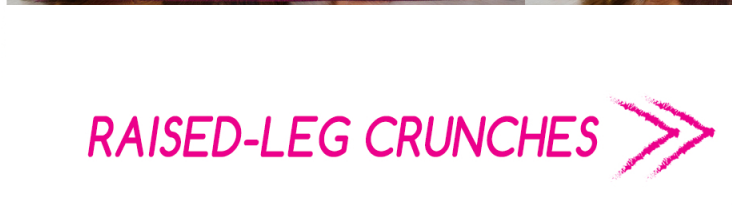
◀ BICYCLE CRUNCHES



CRUNCHES ▶



RAISED-LEG CRUNCHES ▶



◀ SIDE JACK KNIVES