

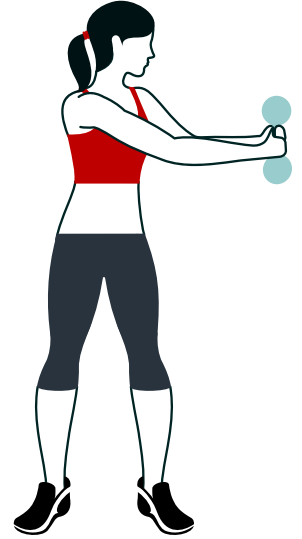
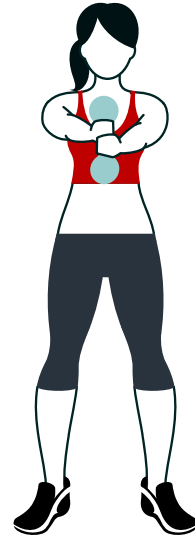
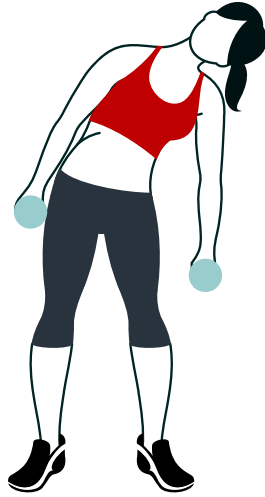
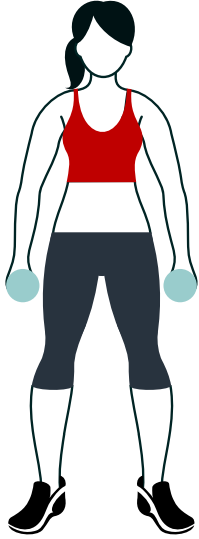


15-MINUTE WORKOUT

Standing Abs



Water bottle can be substituted for dumbbells.

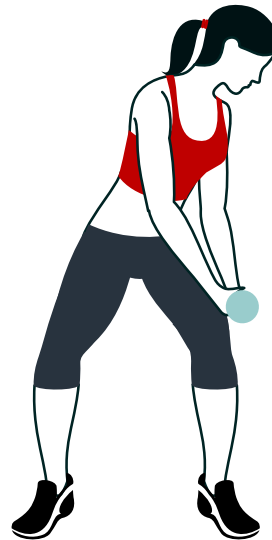
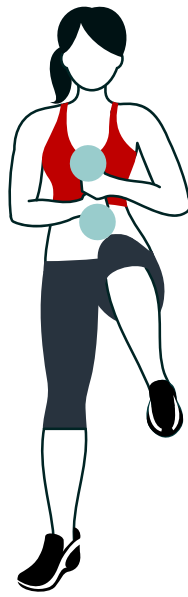
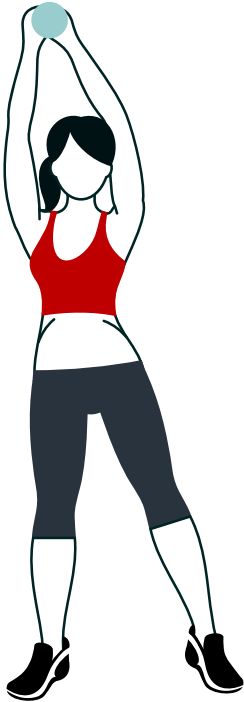


1 DUMBBELL SIDE BEND

Perform 10 Reps

2 STANDING CORE STABILIZATION

Perform 10 Reps



3 BOW EXTENSION

Perform 10 Reps, Then Switch & Repeat

4 REVERSE DUMBBELL CHOP

Perform 10 Reps, Then Switch & Repeat