

4 EXERCISES/4 MINUTES FOR A TIGHT LOWER BELLY

MWR TRAINER TIP: PERFORM EACH EXERCISE FOR ONE MINUTE, AS YOU BECOME STRONGER REPEAT SERIES AFTER ONE MINUTE OF REST.



**REVERSE PLANK
KNEE TUCK R/L**



**STANDING
CRUNCHES R/L**



**HORIZONTAL
SISSORS**



**REVERSE
CRUNCHES**