

4 EXERCISES/ 4 MINUTES FOR A TIGHT LOWER BELLY

Part 2

MWR TRAINER TIP: PULL BELLY BUTTON INTO SPINE AS YOU PERFORM THESE EXERCISES. PERFORM EACH EXERCISE FOR ONE MINUTE, AS YOU BECOME STRONGER REPEAT SERIES AFTER ONE MINUTE OF REST.



**CRISS CROSS
CRUNCHES**



**FLUTTER KICKS
R/L**



**CHAIR PLANK KNEE
TUCK R/L**



**KNEE TUCK CRUNCHES
30 SEC. EACH LEG**