

# FLAT ABS for BIKINI SEASON

*with Juliana Daniell* IFBB BIKINI PRO

## JULIANA'S FLAT ABS FOR BIKINI PROGRAM\*

### EXERCISE

### REPS

**CIRCUIT 1:** COMPLETE 3 ROUNDS. NO REST BETWEEN EACH EXERCISE. REST 1 MINUTE AFTER EACH ROUND.

CRUNCHES WITH MEDICINE BALL	20
OBLIQUE CRUNCHES ON BOSU	20, EACH SIDE
V-UPS WITH STABILITY BALL	20
CRUNCHES ON BOSU	30
REVERSE CRUNCHES (NOT SHOWN)	20

**CIRCUIT 2:** COMPLETE 3 ROUNDS. NO REST BETWEEN EACH EXERCISE. REST 1 MINUTE AFTER EACH ROUND.

ONE-ARM, ONE-LEG V-UPS ON BOSU	15, EACH SIDE
OBLIQUE CRUNCH ON BOSU	20, EACH SIDE
BICYCLE CRUNCHES	15, EACH SIDE
BUTTERFLY CRUNCHES ON BOSU	30
HANGING LEG RAISES (NOT SHOWN)	15

*\*Perform each circuit once per week on separate days.*