

# FABULOUS FLAT ABS WORKOUT

with *Callie Bundy* IFBB BIKINI PRO

*This workout is effective because it uses a variety of tools and bodyweight moves to really hit your abs. Research has shown that training on stable surfaces may be more effective and activate the core better. However, it still a good idea to keep your body guessing, so this workout also includes a Bosu Ball V-up to really burn out that core!*

EXERCISE	SETS	REPS
THE SPRINTER	3	15
BOSU BALL V-UPS	3	15
STABILITY BALL CRUNCH	3	15
PLANK CROSS BODY KNEE-INS	3	12
SIDE PLANK WITH HIP DROP	3	10
INCLINE CRUNCHES	3	12
STABILITY BALL PASS	3	12