

SIX PACK 6 MINUTE GUIDE

This guide is designed for beginners through too intermediate levels of fitness. The workout takes just 6 minutes too complete and will hit all key areas of your abs. When you're ready just follow the instructions in order of the page... Enjoy!

1: BENT KNEE WINDSHIELD WIPERS - 60 SECONDS

[\(VIDEO GUIDE\)](#)

2: HEELS TO THE HEAVENS - 60 SECONDS

[\(VIDEO GUIDE\)](#)

30 SECONDS REST

3: "V" UPS - 30 SECONDS

[\(VIDEO GUIDE\)](#)

4: HANDS BACK TUCKS - 60 SECONDS

[\(VIDEO GUIDE\)](#)

5: CRUNCHES - 30 SECONDS

[\(VIDEO GUIDE\)](#)

30 SECONDS REST

6: CROSS KNEE PLANKS - 60 SECONDS

[\(VIDEO GUIDE\)](#)