Abs Workout: <https://www.youtube.com/watch?v=zzD80vCLq0Y>

1. Ab Halos: 30 sec clockwise and 30 sec anticlockwise
2. Frog crunches: 60 sec
3. Russian rows: 60 sec
4. Thread the needle: 60 sec
5. Black widow knee slide: 60 sec
6. Frog circle: 60 sec
7. Sliding abs: 60 sec

10 min abs workout: <https://www.youtube.com/watch?v=MyA_uF64cWg>

1. Basic warm up: 60 sec
2. Alternate knee bend: 45 sec
3. Lying leg rises: 45 sec
4. Oblique crunch: 45 sec
5. Flutter kicks: 45 sec
6. Sit up chair crunches: 45 sec
7. Bicycle kicks: 45 sec
8. Laying windshield wipers: 45 sec
9. Regular crunches: 60 sec
10. Plank: 45sec

Beginner friendly: <https://www.youtube.com/watch?v=3p8EBPVZ2Iw>