

10

BURN YOUR BELLY FAT

In One Week!!

No-Equipment Needed

Ab Bikes



3 sets 60 sec

Dumbbell Oblique Crunches



3 sets 60 sec

Glute Bridge to Leg Raise



3 sets 45 sec (per side)

Side Plank Crunches



3 sets 60 sec

Hip Thruster



3 sets 60 sec

Plank with Elevated Feet



1 set 45 sec

Side Crunch Kicks



3 sets 45 sec (per side)

Crunches



3 sets 60 sec

Side Plank



1 set 60 sec

Bodyweight Squat



3 sets 60 sec

Fat Burning Workout From Fat To Firm In 24 Days

Guillaume Favre



Fat Burning Workout From Fat To Firm In 24 Days:

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