

# WEEKEND WARRIOR WORKOUTS

## Steel Abs

Perform the following exercises rest when needed

**20 Knee Grab Sit-ups**

**30 Bicycle Crunches**

**10 V Sit-Ups**

**30 Sec. Right Side Plank**

**15 Leg Raises**

**30 Sec. Left Side Plank**

**20 Toe Touches**

**Rest 60 Seconds, and repeat 3 times**

**Questions about this workout? Please post them in the comments section**