



## FITNESS IS FOREVER

*with Colleen Fisher*

300 Reps for perfect abs.

Do this exercise every other day in addition to cardio or strength training.

30 Crunches

20 Bicycle crunches

30 Toe touches

20 Reverse crunches

15 Side plank hip lifts (R)

30 Crunches

15 Side plank hip lifts (L)

40 Russian twists

30 Bicycle crunches

15 Oblique v-ups (R)

20 Reverse crunches

15 Oblique v-ups (L)

10 Leg lifts



300 reps for perfect abs