

Minutes Standing Abs Workout To Get Ab Lines Slim Waist Toned Side Abs And Love

Are you tired of crunches and sit-ups that don't give you the results you want? Are you looking for a more effective way to get a toned, sculpted core? If so, then you need to try this revolutionary standing abs workout.



4 Minutes STANDING ABS WORKOUT to Get Ab Lines & Slim Waist -Toned Side Abs and Love Handles in 7 DAYS! (No Equipment Needed) by Tracy Griffiths

★★★★☆ 4 out of 5

Language	: English
File size	: 8350 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 61 pages
Lending	: Enabled



This workout takes just minutes to perform, and it can be done anywhere, anytime. All you need is a few feet of space and a willingness to work hard.

The Benefits of This Workout

There are many benefits to ng this standing abs workout, including:

- **It strengthens your core muscles.** The exercises in this workout target all of the major core muscle groups, including the rectus

abdominis, obliques, and transverse abdominis.

- **It burns calories.** This workout is a great way to burn calories and lose weight. It is estimated that you can burn up to 100 calories in just 10 minutes of doing this workout.
- **It improves your posture.** Strong core muscles help to improve your posture and reduce back pain.
- **It boosts your energy levels.** Exercise has been shown to boost energy levels and improve mood.
- **It is convenient.** This workout can be done anywhere, anytime. All you need is a few feet of space and a willingness to work hard.

The Workout

The workout consists of 10 exercises, each of which is performed for 30 seconds. You will rest for 30 seconds between each exercise.

Here are the exercises:

1. Standing Bicycle Crunches



2. Standing Oblique Crunches



3. Standing Toe Touches



4. Standing Side Bends



5. Standing Russian Twists



6. Standing Plank

CHRISTINA CARLYLE

Get Abs without Crunches

STANDING AB EXERCISES

A quick 15 minute core workout for a tight, toned, flat tummy without any crunches. See the workout in motion and more at www.ChristinaCarlyle.com | #MindRight, BodyTight

1 OVERHEAD PENDULUM 2 WINDMILLS



3 DUMBBELL SIDE DIPS 4 WOODCHOP



5 LUNGE TWISTS 6 KNEE TUCK EXTENSIONS



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7. Standing Side Plank



8. **Standing Leg Raises**



9. Standing Knee Drives

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10. **Standing Jumping Jacks**



If you are looking for a quick, effective way to get a toned, sculpted core, then you need to try this standing abs workout. This workout takes just minutes to perform, and it can be done anywhere, anytime. All you need is a few feet of space and a willingness to work hard.

So what are you waiting for? Give this workout a try today and see for yourself how quickly you can get the abs you've always wanted!

Free Download Your Copy Today!

This revolutionary standing abs workout is now available in book form. The book includes detailed instructions for each exercise, as well as a complete 8-week workout plan. Free Download your copy today and start getting the abs you've always wanted!

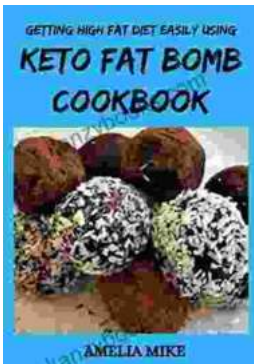
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