Day 12 workout

15:00

01 **Crunch** — **20 reps**

Abs crunch in towards each other, not pulling from the neck

02 **Side plank** — **20 sec each side**

20 seconds each side, keep hips from sagging

03 **Mountain climbers** — **30 reps**

Cross-body, right leg across to left then left across to right

04 **Plank** — **20 sec**

Feel the abs engaged, not all weight on your arms

Equipment: none