

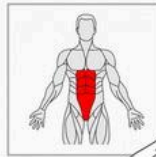
2-minute **abs**

NEILAREY WORKOUT © neilarey.com

20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists