

# 8

## BEST AB WORKOUTS FOR MEN TO DO AT HOME

### PERFECT CRUNCH



Source: lawofattractiongifts.com

### HIP RAISES



Source: www.fitble.com

### LEG THROW DOWNS



Source: import.ua

### PLANK HOLD



Source: www.buddhichiropracticinc.com

### ROLL BACKS



Source: nicksunshinefo.com

### TOE TOUCH

