

# THE BEST ABS workout for women

lateral toe taps x 10 each side

1



knee-to-elbow x 10 each side

2



hold boat pose for 30-45 seconds

3



REPEAT 3 ROUNDS

plank to up dog x 10

4



tabletop to L-sit x 10

5



@GOSUPERSISTERS  
GOSUPERSISTERS.COM

WATCH THE VIDEO



youtube.com/gosupersisters