



# FEBRUARY IN CLASS AB CHALLENGE



**HOVER**

**1 MIN**



**CRUNCH**

**3 SET**



**CROSSOVER**

**4 SET**



**FLUTTER KICK**

**4 SET**



**SIDE BRIDGE**

**2 SET**



**LEG RAISES**

**2 SET**



**10 REPS OF EACH SET**

## HOW THE ABS WORK

