

20-MINUTE FLAT-BELLY WORKOUT

Grab an eight-pound dumbbell, and perform each exercise for a minute. Do this workout twice through, taking a minute break between each 10-minute set if needed.



0:00-1:00

JUMP ROPE



1:00-2:00
low to high
wood chop



2:00-3:00

JUMP ROPE



3:00-4:00
overhead
dumbbell
side bend



4:00-5:00

JUMP ROPE



5:00-6:00
kick
crunch



6:00-7:00

JUMP ROPE



7:00-8:00
row
with twist



8:00-9:00

JUMP ROPE



9:00-10:00
overhead
circle

REPEAT

Minute Workout For Flatter Stomachs And Trimmer Waists

D Kirk

A decorative graphic consisting of a light blue horizontal bar with a rounded right end, and a red circular gradient shape partially visible behind it.

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