

# Summer Abs

The background is a dark blue gradient. In the top right corner, there are pink hibiscus flowers and green leaves. In the bottom right corner, there are palm trees. In the bottom left corner, there are pink and yellow flowers. A large, irregular teal shape is in the center, containing the workout list.

Plank 1 Minute  
Leg Lifts 15  
Russian Twist 25  
Crunches 25  
Vacuum Twist AMRAP

Add 1 round to the end of  
another workout or complete on  
its own for 3 rounds.