



ABS SERIES

GREENAWAYFITNESS.COM

A photograph of a muscular man in a gym, shirtless, with a green logo overlay on his chest. The background shows a chain-link fence and gym equipment. The text 'CARDIO ABS' is prominently displayed in white, bold, sans-serif font across the lower left. Below it, the website 'GREENAWAYFITNESS.COM' is written in a smaller, white, sans-serif font. The green logo is a stylized, symmetrical shape composed of several parallel, slanted bars, resembling a downward-pointing arrow or a stylized 'V' shape.

CARDIO ABS

GREENAWAYFITNESS.COM

30s WORK / 20s REST x2 ROUNDS

BURPEES

AB BICYCLES

JUMPING LUNGES

PLANK

TUCK JUMPS

RUSSIAN TWISTS

SQUAT THRUSTS

SIT UP

HIGH KNEES

FLUTTER KICKS



CARDIO ABS

GREENAWAYFITNESS.COM



STRONG ABS

GREENAWAYFITNESS.COM

30s WORK / 20s REST x2 ROUNDS

PUSH UP

V SIT

BULGARIAN SPLIT SQUAT

HEEL TOUCHES

DIPS

SIDE PLANK

BURPEE

SIDE PLANK

PISTOL SQUAT

HOLLOW HOLD



STRONG ABS

GREENAWAYFITNESS.COM



ENDURANCE ABS

GREENAWAYFITNESS.COM



30s WORK / 20s REST x3-5 ROUNDS

x6 PUNCHES x1 SQUAT

PLANK

SKIPPING

SIDE PLANK

TUCK JUMP

SIDE PLANK



ENDURANCE ABS

GREENAWAYFITNESS.COM