

## ROPE CLIMBERS



Round shoulders slightly. abs tight



Alt pulling the invisible rope to Fitness Land!

## HIP BRIDGE LIFT W/ ARM CROSSES



Hips up, on heels, tight core



Alt bringing each knee up, while crossing arms over chest

## KNEE GRABS



Start flat back, abs tight.  
Then exhale and sit up, hugging knees



Kiana  
fitmomtv

# 3 Exercises for Amazing Abs!

New! Online Fitness Classes! [www.kiana.com](http://www.kiana.com) [www.fitmomtv.com](http://www.fitmomtv.com)