



FIT is *Chic*  
♥mattie claire

## Mattie's Ab Workout

- 20 push-ups
- 30 bicycle kicks
- 50 Pilates pumps
- 30 seated tummy tucks
- 20 leg drops
- 15 single leg drops (15 on both legs)
- 45 toe drops
- 20 toe reaches
- 30 tabletop crunches
- 100 regular crunches
- 100 extra-fast crunches
- 30 turtle reaches
- 25 flutter kicks
- 25 scissor kicks
- 50 ab kicks
- 30-second cobra stretch
- 20 push-ups

*Complete one time through, three times per week*

