In light of the recent COVID-19 pandemic, UTTC Health Promotions would like to provide you with simple & effective workouts that can help you stay in shape!

**AB CIRCUIT**

1. **Crunches (30 seconds), 15 sec. break**
2. **Leg Raises (30 seconds), 15 sec. break**
3. **Heel Touches (30 seconds), 15 sec. break**
4. **Bicycle Crunches (30 seconds), 15 sec. break**

**3 rounds - 2 min. break after each round**

**Advanced: 45 seconds with 15 sec. break**

Repeat each exercise 3x, or 3 sets
Advanced may perform 5 sets instead of 3