

TAYLOR SWIFT

EASY AB WORKOUT AT HOME

THE LAST GREAT AMERICAN DYNASTY (3:51)

- (20) SIT-UPS
- (20) REVERSE CRUNCH
- (30) SECOND PLANK
- (20) HEEL TAPS

AUGUST (4:21)

- (20) BICYCLE CRUNCH
- (20) FLUTTER KICKS
- (20) TOE TOUCH
- 30-SECOND MOUNTAIN CLIMBERS

THE LAKES (3:32)

- (20) UP & DOWN PLANK
- (20) PRAYER CRUNCH
- (20) RUSSIAN TWIST
- (20) HIP DIPS

TAYLOR SWIFT

EASY AB WORKOUT AT HOME

LAVENDAR HAZE (3:22)

- (20) IN & OUT CRUNCHES
- (20) DEAD BUG
- (20) SIDE PLANK DIP (R)
- (20) SIDE PLANK DIP (L)

QUESTION...? (3:31)

- (20) PLANK TOE TOUCH
- 30-SECOND AB HOLD
- (20) BICYCLE CRUNCH
- (20) TOE TAPS

KARMA (3:25)

- (20) CRUNCH IN & KICK OUT
- (20) STRAIGHT LEG BICYCLE
- 30-SECOND PLANK
- (20) JACK KNIFE SIT UP