

# 20-MINUTE FLAT-BELLY WORKOUT

Grab an eight-pound dumbbell, and perform each exercise for a minute. Do this workout twice through, taking a minute break between each 10-minute set if needed.



0:00-1:00 | **JUMP ROPE**

> 1:00-2:00  
**low to high  
wood chop**



2:00-3:00 | **JUMP ROPE**

> 3:00-4:00  
**overhead  
dumbbell  
side bend**



4:00-5:00 | **JUMP ROPE**

> 5:00-6:00  
**kick  
crunch**



6:00-7:00 | **JUMP ROPE**

> 7:00-8:00  
**row  
with twist**



8:00-9:00 | **JUMP ROPE**

> 9:00-10:00  
**overhead  
circle**

REPEAT