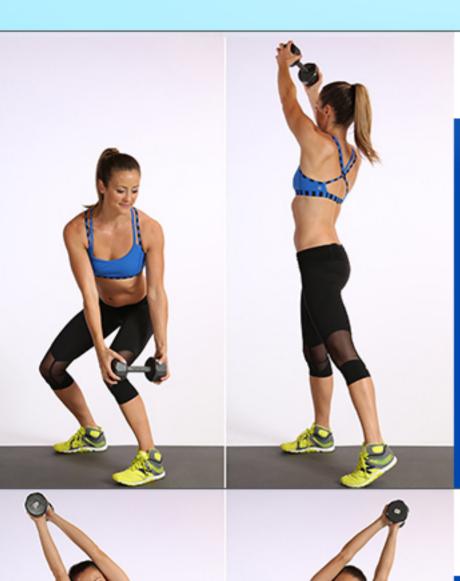
POPSUGAR

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



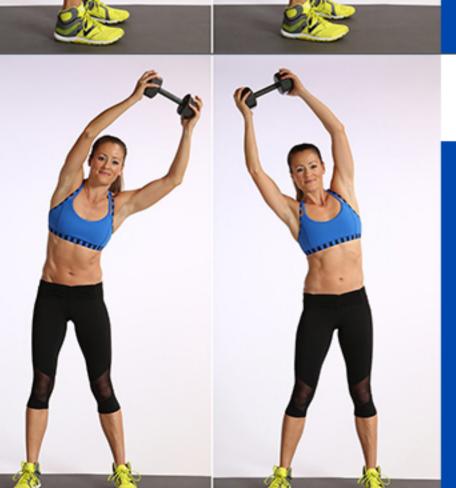
4:00-5:00 **JUMP ROPE**

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