

# Abs of steel workout, simple, efficient & good :-)

Personal workout plans  
[www.fits-me.co](http://www.fits-me.co)

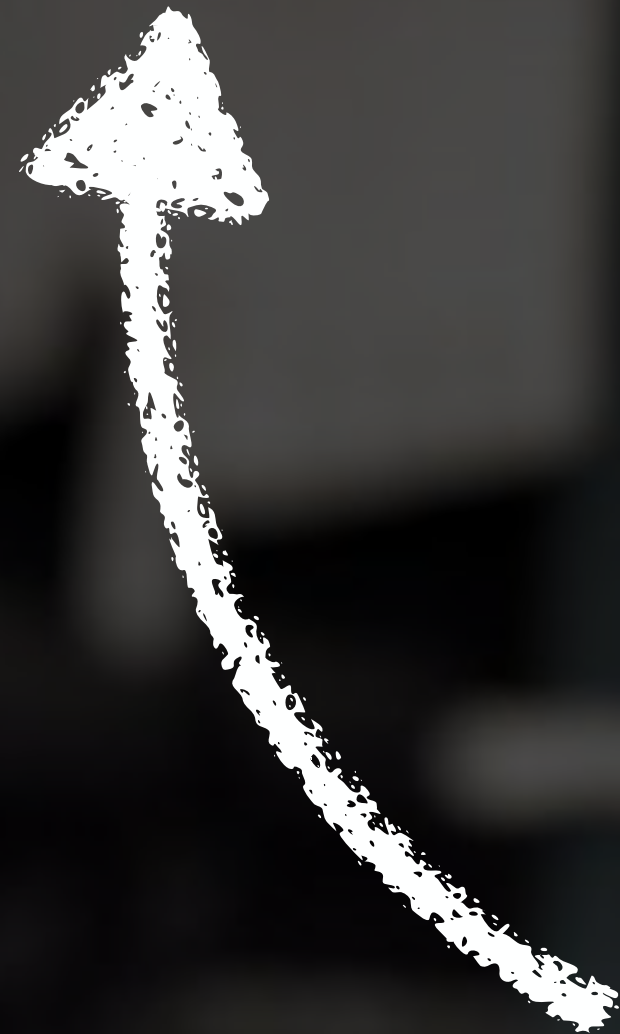
A



B



 FitsMe



C



A) Plank: Select a version which you can hold for 45sec

- Now hold it for 30sec

B) Hollow hold: Take a position you can hold for 45sec

- Now hold it for 30sec

C) Knee raises: Test how many you can do

- Now do half of that but with 2sec pause in the top

- Do 4 rounds

- Rest 60sec between each exercise

- Retest every month and progress according to result.