

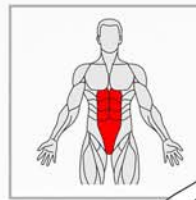
# 2-minute abs

NEILAREY WORKOUT © neilarey.com

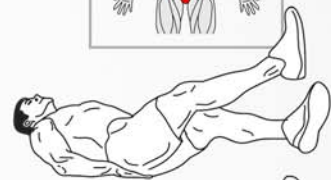
**20 seconds each exercise** | no rest between exercises



1. knee-to-elbow crunches



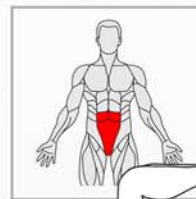
2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists