

# 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