

# SLIDERS

ABS | BUTT

**Are you looking for a way to lose weight without dieting or working out?**

Then look no further!  
These slider workouts are here to help you burn fat fast!

Get ready to see some serious results from these slider 20 minute workout for abs and butt.

## SLIDERS

### SLIDER 20 MINUTE WORKOUT FOR ABS & BUTT

SLIDER MOUNTAIN CLIMBER 10x

SLIDER PLANK JACK 10x

SLIDER KNEE TUCK

SLIDER PLANK TO PIKE 10x

SLIDER SINGLE LEG SLIDE 10x ES

SLIDER BODY SAW 10x

SLIDER SINGLE LEG KNEE TUCK 10xES

\*SLIDER PLANK TO PIKE TO KNEE TUCK 10x

\*SLIDER ONE LEG KNEE TUCK TO PLANK TO PIKE 10x

\*SLIDER PLANK JACK TO PIKE 10x

Butt/Glutes

SLIDER FOR BUTT

SLIDER CIRCLES 15x

SLIDER OUT TO SIDE 15x

SLIDER OUT TO SIDE DIAGONAL 15x

SLIDER OUT TO SIDE STRAIGHT BACK 15 x ES

SLIDER CURTSEY 15x ES

2 SETS

DONE!!!