

4-Week Burn Belly Fat Challenge

Week 1 - 2 Sets

Week 3 - 3 Sets

25 reps each

1. Full Extension
2. Half V Tucks
3. Jump Squats
4. 4-Time Abs
5. Windshield Wipers
6. Burpees



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Week 2 - 2 Sets

Week 4 - 3 Sets

30secs Workout - 10secs Rest

1. Plank Hip Dip
2. Spiderman Plank
3. Plank Jacks
4. Half Boat Pose
5. Flutter Kicks
6. Groiners