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# INSTRUCTIONS

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## FIGURE 8 ABS

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/figure-8-abs/>

Abs

Core

Extension



### STEPS:

- Starting on your back, prop up on your elbows behind you and lean back with your feet extended.
- Lift your feet a couple inches off the ground and diagonally cut to the left, back up, and to the right creating an 8 with your feet.

Repeat for a total of 20 reps.