

# Weeks To Toned Side Abs No Jumping Quiet Abdominal And Sim Thigh Workout In Min

There are many benefits to ng this workout, including:

- **It is quiet.** This workout is perfect for people who live in apartments or other close quarters. It does not require any jumping or loud exercises, so you can do it without disturbing your neighbors.
- **It is effective.** This workout is designed to target your side abs and thighs. It will help you to tone and strengthen these muscles, and it will also help you to improve your balance and coordination.
- **It is quick.** This workout can be done in just minutes. It is perfect for people who are short on time or who want to get a quick workout in.

This workout consists of three exercises:

- **Side plank:** The side plank is a great exercise for targeting your side abs. To do this exercise, lie on your side with your legs extended. Prop yourself up on your elbow and hold your body in a straight line from your head to your heels. Hold this position for 30 seconds, then switch sides.
- **Russian twist:** The Russian twist is a great exercise for targeting your obliques. To do this exercise, sit on the floor with your knees bent and your feet flat on the ground. Hold a weight in each hand and twist your torso from side to side. Keep your core engaged and your back straight. Do 20 repetitions.

- **Squat:** The squat is a great exercise for targeting your thighs. To do this exercise, stand with your feet shoulder-width apart. Lower your body down until your thighs are parallel to the ground. Keep your back straight and your knees aligned with your toes. Hold this position for 30 seconds, then stand back up. Do 20 repetitions.

This workout plan is designed to be done three times per week. Each workout will take approximately 15 minutes.



## 2 Weeks to Toned Side Abs - No Jumping Quiet Abdominal and Sim Thigh Workout in 4 Min

by Adele Blanchard

★★★★☆ 4.5 out of 5

Language : English

File size : 3586 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 53 pages

Lending : Enabled



- **Warm-up:** Begin with 5 minutes of light cardio, such as walking or jogging in place.
- **Exercises:** Do each of the three exercises for 30 seconds, with 30 seconds of rest in between. Repeat each exercise for 3 sets.
- **Cool-down:** Finish with 5 minutes of stretching.

Here are a few tips to help you get the most out of this workout:

- **Be consistent.** The key to success is to be consistent with your workouts. Aim to do this workout three times per week.
- **Challenge yourself.** As you get stronger, you can challenge yourself by increasing the number of repetitions or the amount of weight you are lifting.
- **Listen to your body.** If you experience any pain, stop exercising and consult with a doctor.

This quiet abdominal and thigh workout is a great way to get toned side abs and thighs without having to do any jumping or loud exercises. It is effective, quick, and easy to do. Give this workout a try and see for yourself how it can help you to achieve your fitness goals!



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