

# 10-Min Triset Workout for Abs at Home

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Article Link: <https://thefitnessphantom.com/triset-for-abs/>

You'll do three exercises in a row of 20 seconds each – in each round for five rounds with one-minute rest between them.

In each round, you'll do one workout for upper abs, one for lower, and one for oblique so you can effectively train your entire core in a short time.

It is suitable for those who haven't enough time but want to work on the entire core in just ten minutes.

It will also be helpful if you do core training post workout. You'll get a good workout in a quick time.

Let's see how you can perform triset workouts for abs.

## Round 1

- Mountain Climbers – 20 seconds
- Leg Raise – 20 seconds
- Russian Twist – 20 seconds

## Round 2

- Standard Crunches – 20-sec
- Flutter Kicks – 20-sec
- Heel Touch Crunches – 20-sec

## Round 3 (It will be a 2-minute round)

- Plank – 60-sec
- V-ups Crunches – 20-sec
- Side Plank -20-sec/each side

## Round 4

- Mountain Climbers – 20-sec
- Toe Touch Cruches – 20-sec
- Russian Twist – 20-sec

## Round 5

- Standard Crunches – 20-sec
- Flutter KicksHeel – 20-sec
- Touch Crunches – 20-sec

You can also do a typical [10-min HIIT core workout](#) if you don't like the above plan.