

6 Pack ABS



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Ab and core
Workouts
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Supplement these with your main workout program, every other day for best results.
Remember: Strict Sit-ups will give you better results compared to sit-ups with throwing your arms

1. Ab Roller 4x10
Hanging Straight Leg Raises* or knee raises 4x10
Floor Wipers 4x20
Suspension Trainer or Stability Ball Pikes 4x15
*For more advanced movement, touch toes to bar and add knee tuck when toe touches the bar

2. 20 Strict Sit-ups
1 min plank
3 sets no rest
Then:
30 side crunch each side
30 sec side plank each side
3 sets no rest

3. Tri-set x4
 - Weighted Sit-ups x12
 - V-ups x16
 - Decline Sit-ups x2045 sec rest between sets. For more advanced workout, do 45 seconds of Mt. Climbers and no rest after each set

4. 45 sec Weighted Twists
45 sec Leg Raises
45 sec Weighted Double Crunches
45 sec Bicycle Crunch (elbow to opposite knee and switch)
45 sec Plank
45 sec Rest
3 sets

5. 20 Knee Tucks* on suspension trainer or stability ball
20 Sit-ups
1 min Plank
5 sets no rest
*For more advanced workout, do pikes instead of knee tucks

6. 100 Hanging Leg Raise*
Every rest, do 25 flutter kicks each leg
*For more advanced workout, bring toes all the way to the bar on top of leg raise

7. 20 Oblique Raises each side (While standing, hold a weight at your side, crunch on opposite side)
20 Side Crunches each side
10 Windshield Wipers each side
4 sets no rest. Then, accumulate 3 min of side plank on each side for 6 min total.
8. 20 Suspension trainer knee tucks (Pikes for advanced)
20 Sit-ups
1 min Plank
5 sets no rest
9. 10 Toe to Bar or leg raise/knee raise (add knee tuck at end of toe to bar for more advanced movement)
1 min plank
5 sets no rest
10. 20-19-18-17... -3-2-1 reps of:
Sit-ups
Leg Raises
Bicycle crunch (L + R = 1rep)
11. 30 sec Sit-ups
1 min Plank
30 sec Double Crunch
1 min Plank
30 sec Russian Twist
1 min Plank
2-3 sets no rest
12. 30 sec Sit-ups
1 min Leg Hold
30 sec Double Crunch
1 min Leg Hold
30 sec Russian Twist
1 min Leg Hold
2-3 sets no rest
13. 20 sit-ups, then 100 mountain climbers*
25 sit-ups, then 120 mountain climbers
30 sit-ups, then 140 mountain climbers
35 sit-ups, then 160 mountain climbers
Rest 2 min
Repeat, but replace sit-ups with Leg Lifts, then rest 2 min
Repeat again, but replace with Bicycle Crunch, done.