

ABS WORKOUT

(do any 1 version)

Frequency – Daily or 2 days once early in the morning empty stomach
Progressive overload – Increase 5sec in every workout weekly once

ABS WORKOUT V1	
WORKOUT	TIME
Chest to Knee	1 min (beginners 30sec)
Figure 8	1 min (beginners 30sec)
30 sec Rest	
Crunches	1 min (beginners 30sec)
Drunken mountain climbers	1 min (beginners 30sec)
30 sec Rest	
Butter Fly	1 min (beginners 30sec)
Side crunches	30 sec each side (beginners 15sec each side)
Mountain climbers	1 min (beginners 30sec)



**Chest to Knee
(do on floor)**

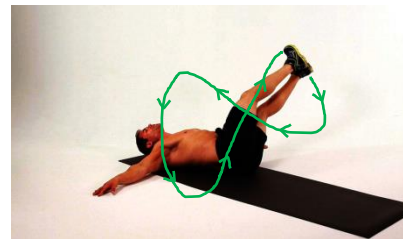


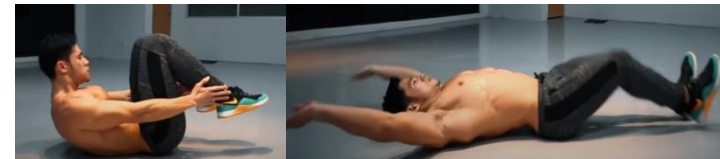
Figure 8



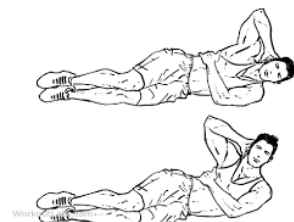
Crunches



**Drunken mountain
climbers**



Butter fly



Side Crunches



Mountain climbers

Frequency – Daily or 2 days once early in the morning empty stomach
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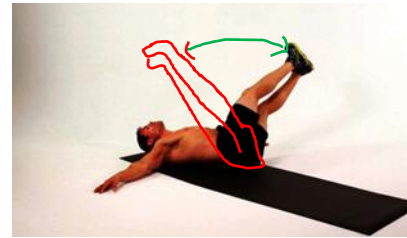
ABS WORKOUT V2	
WORKOUT	TIME
Sit ups	1 min (beginners 30sec)
Wind shield	1 min (beginners 30sec)
30 sec Rest	
Crunches	1 min (beginners 30sec)
Flutters kicks	1 min (beginners 30sec)
30 sec Rest	
Planks	1 min (beginners 30sec)
Side crunches	30 sec each side (beginners 15sec each side)
Mountain climbers	1 min (beginners 30sec)



Sit ups



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Wind shield wipers



Crunches



Flutter kicks



Planks



Side Crunches



Mountain climbers

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ABS WORKOUT V3	
WORKOUT	TIME
V ups	1 min (beginners 30sec)
Figure 8	1 min (beginners 30sec)
30 sec Rest	
Crunches	1 min (beginners 30sec)
scissors	1 min (beginners 30sec)
30 sec Rest	
Butterfly	1 min (beginners 30sec)
Side crunches	30 sec each side (beginners 15sec each side)
Mountain climbers	1 min (beginners 30sec)



V ups

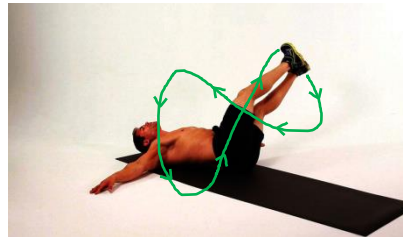
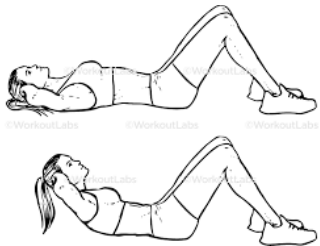


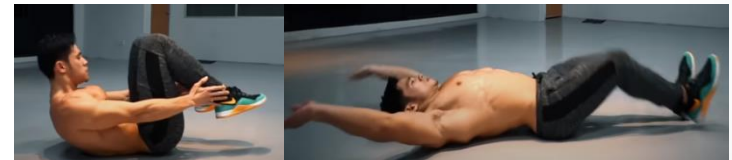
Figure 8



Crunches



scissors



Butter fly



Side Crunches



Mountain climbers