

Club #abs

Abs should be added to the end of your workout 2-3 days a week.

3 sets of 3 exercises should be performed back to back with a rest at the end of each set. Abs respond best to a combo of weighted and unweighted work.

#TotalAbs

Exercise	Reps/Sets	Weight Suggestions
Side bends w/ 2 DB	10/3	Medium to heavy
V crunch	10/3	No Weight
Reverse crunch	10/3	No Weight

#Absonfire

Exercise	Reps/Sets	Weight Suggestions
Weighted 1 arm opposite crunch	10 (5 each side)/3	Medium
Side plank with rotation	10/3	No Weight
Bicycle crunch	10/3	No Weight