

## 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.

### #OhMyAbs

<b>Exercise</b>	<b>Reps/Sets</b>	<b>Weight Suggestions</b>
Alternating Reach Crunch	10 each side/3	Medium
Bodyweight Crunch w/Knees Up	20/3	No Weight
Alternating Twist Crunch	10 each side/3	No Weight

### #UltimateAbs

<b>Exercise</b>	<b>Reps/Sets</b>	<b>Weight Suggestions</b>
Reach Lying Leg Raise	15/3	Medium
X-Factor	10 each side/3	No Weight
Side Plank Dips	10 each side/3	No Weight