

Club #abs

Abs should be added to the end of your workout 2-3 days a week. Perform the exercises as stated below. Complete the series 1 - 3 times through. For a total of 4 - 12 minutes. Abs respond best to a combo of weighted and unweighted work.

#AbShaper

Exercise	Reps/Sets	Weight Suggestions
Russian twist to press	30 sec	Medium
Ankle touch	30 sec	No Weight
Flutter kick	30 sec	No Weight
Rest	30 sec	
Russian Twist to Press	30 sec	Medium
Bicycles	30 sec	No Weight
Lower Leg Lift	30 sec	No Weight
Rest	30 sec	

#FlatBellyAbs

Exercise	Reps/Sets	Weight Suggestions
Weighted Crunch	30 sec	Medium
Oblique Crunch	30 sec	No Weight
Pulse Ups	30 sec	No Weight
Rest	30 sec	
Weighted Crunch	30 sec	Medium
Windshield Wipers	30 sec	No Weight
Vertical Toe Touches	30 sec	No Weight
Rest	30 sec	