

ABDOMINATION WORKOUT

NO Sit ups, Plank Holds, I PROMISE! :)

Warm up set: Jog on spot 1min, 20X Push ups, 20X Star jumps X 3 sets no rest (or run around block, bike or skipping 5min)

IP Brad Cunningham

Month:	Day:														
Exercise	Notes	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round	REPS Round
		1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3	1/2/3
Warm Up	5min														
Sit up to toe reach	X15														
Full Crunch	X15														
Side Taps	X50														
Supermans (deadbug)	X20-30														
Crunch with Scissor Kick	X20-50														
V-Sit Hold	X MAX														
V-Sit with cycles	X20-50														
Slow Cycles	X30-50														
Push up with leg unders	X10-20														
Legs on bench/couch hip lift with crunch	X20														

Beginners Do 1 SET
 Intermediate do 2 SETS
 Machines Do 3 SETS
 Record your reps for each set