

Build Better Abs

Abs are iconic in our culture. Let's build you some. They start in the kitchen (lose fat) and end with you doing plenty of core training (build muscle).

Pick 2-4 exercises, Repeat 3-5 cycles

Perform 10-30 reps or hold 30-60 secs

Situps **Hollow Body Hold** **"holds"** **Russian Twists**
superman **V-Ups** **bicycle**
PLANK **toe touches** **side crunches** **side hip raise**
flutter kicks **SCISSORS** **"pulses"** **side plank**
leg lifts **WINDMILL** **Reverse crunches**

Sample AB Workouts:

- **3x's 10 Situps, 15 Russian Twists, 20 Superman**
- **4x's 1 min Plank Hold, 30 sec Side Plank Hold(each side)**
- **5x's 30 sec Bicycle, 10 V-Ups, 15 Reverse Crunches**
- **2x's 20 Side Hip Raises(each side) 30 Toe Touches**
- **1x 50 Situps, 40 Leg Lifts, 30 Flutter Kicks(each leg), 20 Reverse Crunches, 10 V-Ups**

