

3-Day/Week Ab Workout - AW 11

Click on Exercise Names to View **HOW TO** Photo Animations & Instructions in new Web Window

Weeks 1 & 2

Day 1		Sets					R e p s	super set	R e p s
		1	2	3	4	5			
super set	straight leg raises	16	16	14	14	/	R e p s	super set	R e p s
super set	dead fish	14	12	12	10	/			
side plank		20sec hold		/	/	/			
rest only about 5 seconds between each superset									
super set							R e p s		

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of ONE
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super set					R e p s
super set					
super set					
super set					
super set					
super set					
super set					

Weeks 7 & 8

super set	R e p s	super set	R e p s
		super set	
super set	R e p		

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