

Ab Workout - AW-21

Weeks 1 to 6			Weeks 7 to 12		
Weeks 1 to 3	Sets	Reps	Weeks 7 to 9	Sets	Reps
crunch	3	15 to 20	crunch	3	until failure
bicycle crunch	3	20 to 30	bicycle crunch	3	until failure
lying leg raise (on floor or bench)	3	12 to 15	lying leg raise (on floor or bench)	3	until failure
plank (on stability ball or floor)	3	45 sec. hold	plank (on stability ball or floor)	3	until failure
Weeks 4 to 6	Sets	Reps	Weeks 10 to 12	Sets	Reps
stability ball crunch	3	15 to 20	stability ball crunch	3	until failure
decline crunch	3	12 to 15	decline crunch	3	until failure
raised leg/bent knee crunch	3	15/side	raised leg/bent knee crunch	3	until failure
lying scissor side kicks	3	30	lying scissor side kicks	3	until failure

Weeks 1 to 6: perform each exercise for exactly the number of reps as outlined. **Weeks 7 to 12:** perform all exercises until failure. By this time your failure point should be well above the prescribed number of reps you did in weeks 1 to 6. In weeks 7 to 12, push yourself to make sure your fail above the number of reps you performed in weeks 1 to 6. Do this routine at least **3 times per week** with at least 1 day of rest in between each workout.