

2-Day/Week Ab Workout - AW 02

Weeks 1 & 2

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

Day 1	Sets					R e p s
	1	2	3	4	5	
ab crunches	14	12	12	/	/	R e p s
ankle side bends	12	12	12	/	/	
bicycle kick	18	18	16	14	/	

Weeks 3 & 4

PREVIEW SAMPLE
 of **ONE**
 workout only!
 Purchase full package to access
 and download ALL of the
COMPLETE
 workout plans.

Progression Beyond Week 8 (Optional Continuation)

Workout Frequency & General Instructions

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