

## WEEK 1-4 - BEGINNER

## MONDAY



CRUNCH

OR



TUCK CRUNCH



DECLINE CRUNCH

OR



BUTT RAISES



WEIGHTED CRUNCHES

OR



BUTTERFLY CRUNCH

## UPPER ABS ONLY

- Perform exercise 1, once, then move onto exercise 2 and perform once, then move onto exercise 3 and perform once. You will repeat this routine 3 times (Total 9 sets)
- Maintain strict form throughout
- Complete beginners should aim for 10-15 reps
- After two weeks you should aim to 'FAILURE'
- If you find weighted crunches too difficult just place your hands on your chest.
- FEEL your abs work on every repetition

## WEEK 1-4 - BEGINNER

## WEDS



OBLIQUE CRUNCH

OR



SIDE BENDS



CROSS CRUNCH

OR



HIP ROLLS



SIDE BENDS

OR



DECLINE OBLIQUE

## OBLIQUE ABS ONLY

- Perform exercise 1, once, then move onto exercise 2 and perform once, then move onto exercise 3 and perform once. You will repeat this routine 3 times (Total 9 sets)
- Maintain strict form throughout
- Complete beginners should aim for 10-15 reps
- After two weeks you should aim to 'FAILURE'
- Use a light weight on the side bends
- FEEL your abs work on every repetition

## WEEK 1-4 - BEGINNER

## FRIDAY



LEG RAISES

OR



REVERSE CRUNCH



DOUBLE CRUNCH

OR



LEG PUSHAWAY



PULL-INS

OR



MED BALL REV. CURLS

## LOWER ABS ONLY

- Perform exercise 1, once, then move onto exercise 2 and perform once, then move onto exercise 3 and perform once. You will repeat this routine 3 times (Total 9 sets)
- Maintain strict form throughout
- Complete beginners should aim for 10-15 reps
- After two weeks you should aim to 'FAILURE'
- FEEL your abs work on every repetition