

WEEK 5-8 - INTERMEDIATE

MONDAY



BUTT RAISES

OR



BALL CRUNCH



BALL/BARBELL ROLL-OUT

OR



WEIGHTED CRUNCH



CRUNCH EX. ARMS

OR



DECLINE 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
- You should aim for FAILURE on all exercises, this is where your abs will burn.
- Feel free to mix up your workouts with other exercises.
- FEEL your abs work on every repetition

WEEK 5-8 - INTERMEDIATE

WEDS



OB. CRUNCH LEGS BENT

OR



HIP ROLLS ON BALL



CROSS CRUNCH

OR



SIDE BENDS



PENDULUM

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 5-8 - INTERMEDIATE

FRIDAY



WEIGHTED PULL-INS

OR



MED BALL REV. CURLS



REVERSE CRUNCH

OR



SWISS BALL PULL-IN



LEG RAISES

OR



REVERSE ON DECLINE

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