

WEEK 9-12 - ADVANCED

MONDAY



JANDA SIT UP



HIP THRUSTS



WEIGHTED CRUNCH

OR

OR

OR



BALL/BARBELL ROLL-OUT



TUCK CRUNCH



CLAMSHELL

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 9-12 - ADVANCED

WEDS



SIDE JACKKNIFE



RUSSIAN TWIST



PENDULUM WITH BALL

OR

OR

OR



OB. CRUNCH LEGS BENT



SIDE BENDS



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 9-12 - ADVANCED

FRIDAY



CYCLE CRUNCH



BENT KNEE BRIDGE



PULL-INS ON BENCH
OR WEIGHTED

OR

OR

OR



MED BALL REV. CURLS



LEG PUSHAWAY



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