

6 PACK ABS

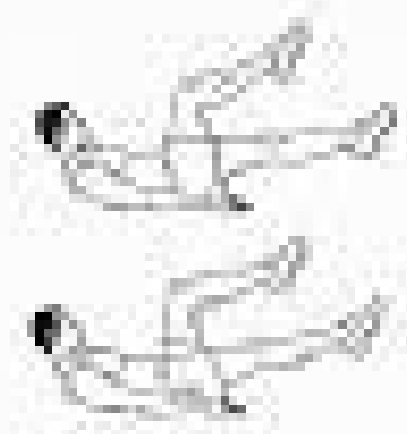



STRONG MIND
STRONG BODY

Workout 1



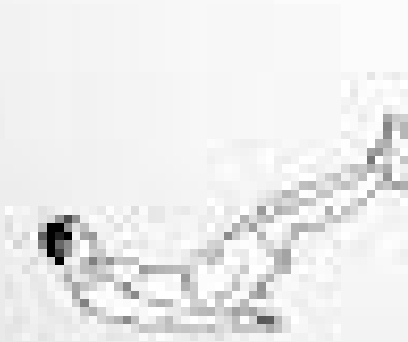
10 crunches



10 on each side crunches



10 sit-up crunches



10 count leg lifts



10 count plank hold

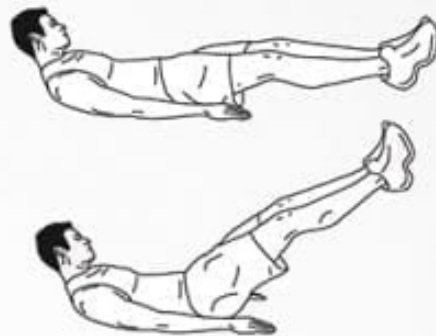


10 star hold

Workout 2



20 knee-to-elbow crunches **x 4 sets**
20 seconds rest between sets



20 leg raises **x 4 sets**
20 seconds rest between sets



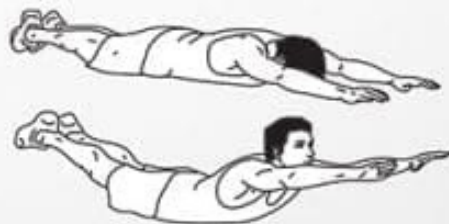
2 minutes elbow plank hold
repeat once



2 minutes side elbow plank
one minute per side | repeat once



2 minutes hollow hold
repeat once



10 superman stretches **x 4 sets**
20 seconds rest between sets

Workout 3



10 sit-ups



12 flutter kicks



8 leg raises



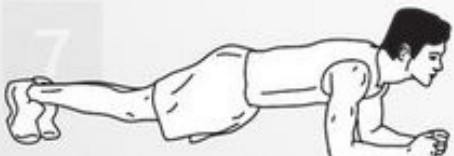
10 cycling crunches



10 knee crunches



8 leg pull-ins



10 e/plank arm reaches



30sec elbow plank

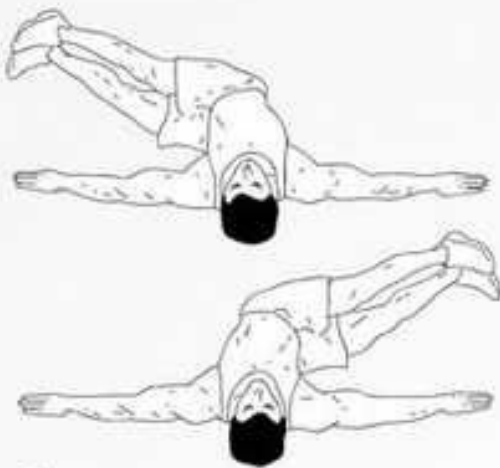


10 body saw

level I 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 3 minutes

Workout 4

1 minute each 20 seconds rest inbetween



1. windshield wipers



2. long arm crunches



3. reverse crunches



4. bicycle crunches



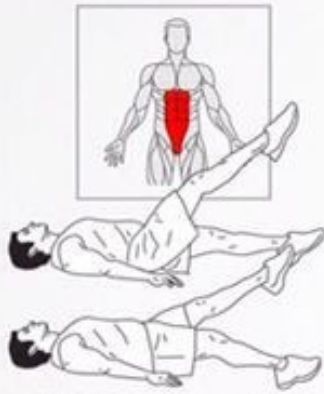
5. modified V-sits



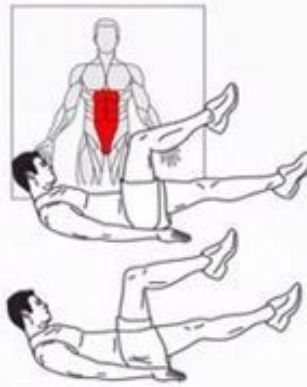
6. heel touches

sets level I 3 sets level II 5 sets level III 8 sets **rest between sets** up to 60 seconds

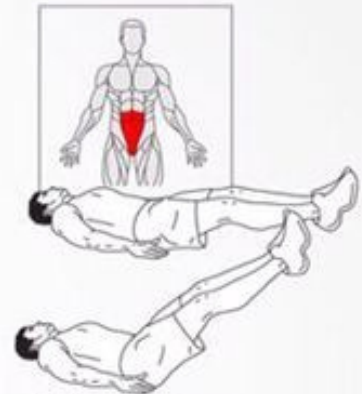
Workout 5



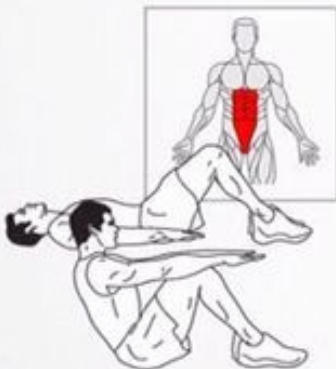
20 flutter kicks



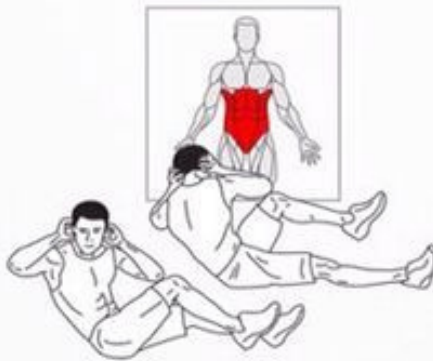
20 air bike crunches



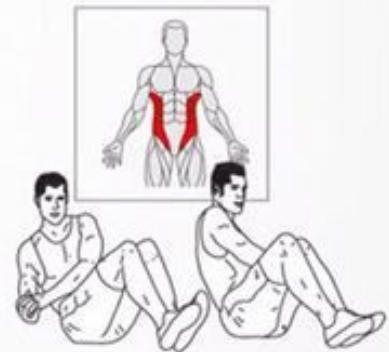
10 leg raises



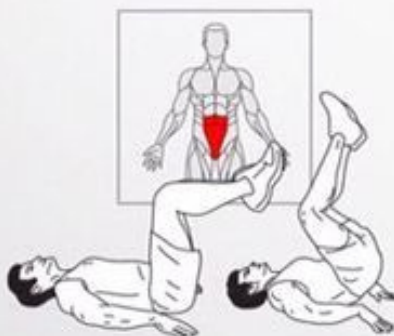
10 sit-ups



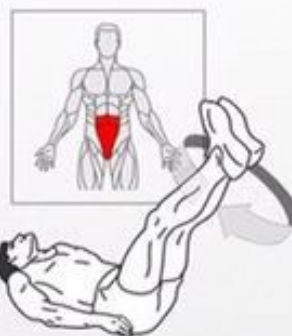
20 knee-to-elbow crunches



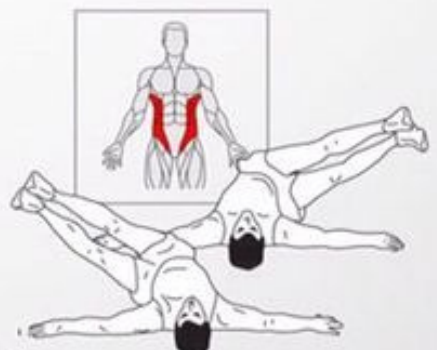
10 sitting twists



10 reverse crunches



10 raised leg circles

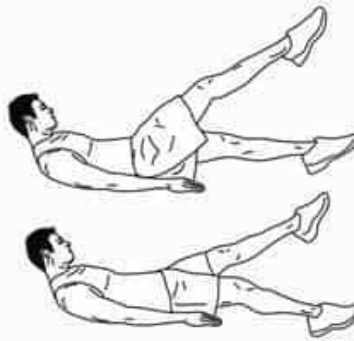


10 windshield wipers

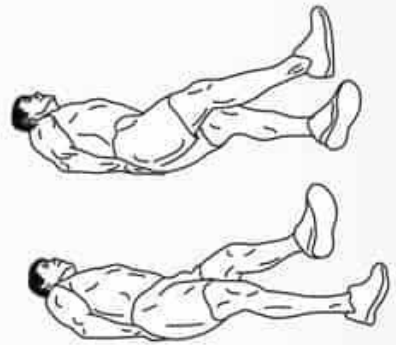
Workout 6



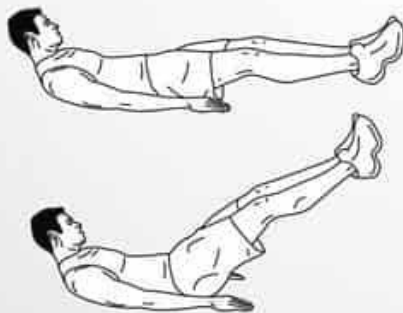
20 crunch kicks



20 flutter kicks



20 scissors



20 leg raises



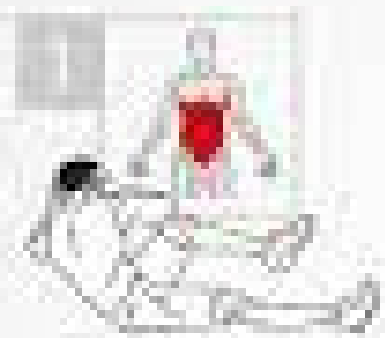
20 raised leg circles



20-count hold

Workout 7

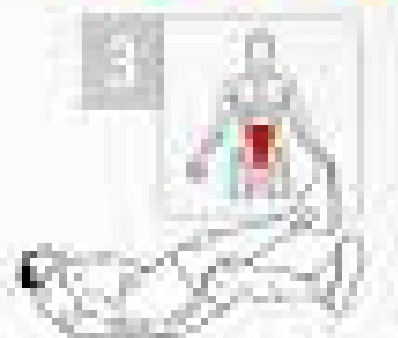
1 minute each 20 seconds rest inbetween



knee-to-elbow sit-ups



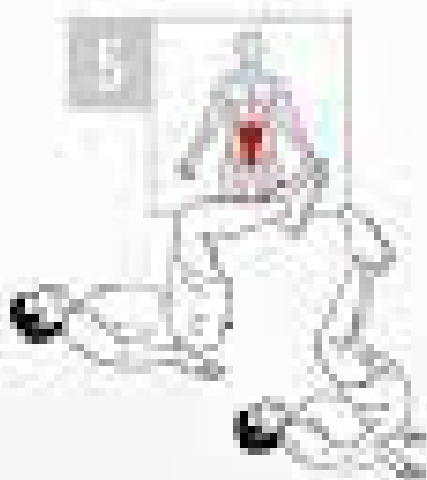
flutter kicks



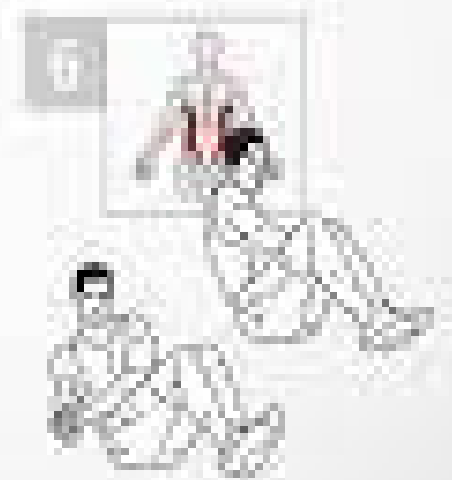
scissors



hundreds



reverse crunches



sitting twists