Six Pack Attack!

Hey Antonio. I am about to show you my own personal ab workout that I perform every other day. This workout is intense, but no worries. You want that six pack; well here are my secrets that I use at the gym. Enjoy ☺

* No rest between exercises, finish strong!

**Set One:**

Super Set: Hanging straight leg raises with twist x 15 reps

-Hanging Knee Tucks x25

<http://www.youtube.com/watch?v=C2o6fdtXU6I&feature=related>

-Weighted Russian Twists on Decline Bench x 10

-In the upright twisting position, perform 4 twists (left,right,left,right,down,up,repeat)

-Ab Roller on knee’s x 15

-V Ups x 15

<http://www.youtube.com/watch?v=xXmPQIqJuQw>

-Exercise Ball Roller x 15

<http://www.youtube.com/watch?v=j4jBTrs3vdQ>

-Seated Leg Tucks x 10

<http://www.youtube.com/watch?v=Q9klA8mECvU>

-Seated Barbell Twists x 25 twists each side

<http://www.youtube.com/watch?v=JhrZWjSadR4>

- CrissCross Crunch x 30

<http://www.youtube.com/watch?v=H8FU8iDGYc4>

- Hanging Straight/bent leg raises x 10

<http://www.youtube.com/watch?v=CVqZSK5q8cI>

**30 second REST!! Than repeat with set 2 ☺**

**Set 2:**

Super Set: Hanging straight leg raises with twist x 15 reps

-Hanging Knee Tucks x25

<http://www.youtube.com/watch?v=C2o6fdtXU6I&feature=related>

-Weighted Russian Twists on Decline Bench x 10

-In the upright twisting position, perform 4 twists (left,right,left,right,down,up,repeat)

-Ab Roller on knee’s x 15

-V Ups x 15

<http://www.youtube.com/watch?v=xXmPQIqJuQw>

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- Hanging Straight/bent leg raises x 10

<http://www.youtube.com/watch?v=CVqZSK5q8cI>

And there ya have it!! My own personal ab routine. :) You should do this routine 2-3 times a week. Depending on your fitness level and conditioning. Soreness is free! Do not perform Six Pack Attack if your abs are sore.