

Sample Abs Workout

1. Crunches (3 sets)

Set 1 - 20 Reps

Set 2 - 20 Reps

Set 3 - 20 Reps

2. Lying Leg Raises (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

3. Hanging Knee Raises (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

4. Russian Twist (3 sets)

Set 1 - 25 Reps

Set 2 - 25 Reps

Set 3 - 25 Reps

5. Plank (4 sets)

Set 1 - 1 Min
Set 2 -1 Min
Set 3 - 1 Min