

AB/LOW BACK PROGRESSION

WEEK 1-3

DAY 1-3X

**CRUNCHES X20
SIDE CRUNCHES X20
LEG RAISES X20
HEEL TOUCHES X20
RUSSIAN TWISTS X20
A B C HYPERS X12**

DAY 2-3X

**TOE TOUCHES
ROCK-UPS X20
V-UPS X20
SUITCASES X20
BICYCLES X20
HYPERSX12**

WEEK 4-7

DAY 1-3X

**WALL ABS X20
A B CHYPERS X12**

DAY 2-3X

**HANG TWISTING LEG RAISES X20
RUSSIAN TWISTS X20
SIDE CRUNCHES X20
HEEL TOUCHES X20
CRUNCHES X20
REVERSE HYPERS X12**

WEEK 8-11

DAY 1-3X

**WEIGHTED ABS-25 LB
SIT-UPS WEIGHTED 3X20
RUSSIAN TWISTS X20
HYPERS X12**

DAY 2-3X

**HANGING TWISTING LEG RAISES X20
BICYCLES X20
RUSSIAN TWISTS X20
TRUNK TWISTS X20
SIDE BENDS X20
SIT-UPS X20
A B C HYPERS X12**