

ABS & HEAT

REMEMBER TO
**STRETCH &
WARM UP**
before every workout

Cardio - Rowing Machine



15 min

Ab Crunch Machine



3 sets 15 reps 45 sec rest

Bicycles / Elbow-to-Knee Crunches /
Cross-body Crunches



5 sets 20 reps 1 min rest

Crunches



5 sets 20 reps 1 min rest

Decline Bench Crunches / Sit-ups



5 sets 15 reps 1 min rest

Flutter Kicks



5 sets 20 reps 1 min rest

Hindu / Judo Push-up / Dive
Bombers



3 sets 30 secs

Leg Pull-In Knee-ups



5 sets 20 reps 1 min rest

TIP: **DON'T TUCK**

When doing any type of abdominal floor move,
Always look up at the ceiling, never tuck your chin into
your chest.