

[Workout Plans] Forge Elite Abs With This Advanced, Next-Level Six Pack Routine

URL: <http://www.leanitup.com/workout-plans-forge-elite-abs-with-this-advanced-next-level-six-pack-routine-2/>



Perform each exercise in order for the prescribed number of sets and reps. Push yourself to complete everything, but if it's too difficult at first, scale back and gradually increase as your core becomes stronger.

Sequence	Exercise	Muscle Target(s)	Total Sets	Reps per Set
1	Swiss Ball Weighted Crunches	Rectus Abdominis, Obliques	3	15 middle/10 left/10 right
2	Hanging Knee Raises	Lower Abs, Obliques	2	12 middle/10 left/10 right
3	Weighted Cable Woodchoppers	Obliques, Rectus Abdominis	2	15 per side
4	The Lower Abs Trifecta	Lower Abs	2	15 pulse ups, 12 reverse crunches, 60s V holds
5	Bicycle Crunches	Obliques, Rectus Abdominis	2	45 seconds
6	One Arm Planks	Transverse Abdominis	2	15s left, 15s right
7	Swiss Ball Jackknives	Lower Abs	2	15
7a (SS)	Decline Swiss Ball Planks	Transverse Abdominis	2	45 seconds
8	Swiss Ball Weighted Oblique Crunches	Obliques	2	15 per side
9	Overhead Decline Weighted Sit-Ups	Rectus Abdominis	2	20
10	Cable Crunches	Rectus Abdominis	1	15

*SS = super set, perform exercise immediately following the preceding exercise.