



ABs/ Fat Burn Cardio- 03/08

Weighted Cable Crunches

SS

Barbell Rollouts

SS

Lying Leg Raises

SS

Incline Russian Twist (Decline Bench)

SS

Hanging Leg Raises

SS

Ankles To Bar

SS

Swiss Ball Leg Raises

3-5 Rounds only 60-90 sec rest between each round 10-12 reps each exercise