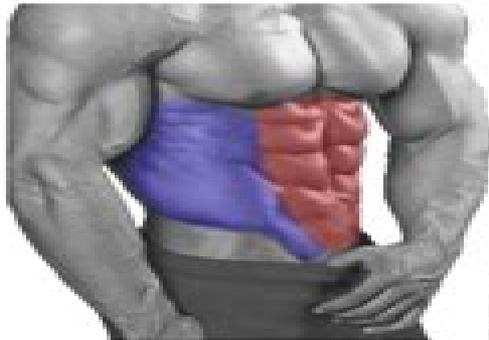


SIX PACK ABS WORKOUT



EXERCISE 1
CRUNCHES

Equipment: Full Gym, NO EQUIPMENT



4	12	30
SETS	REPS	REST

EXERCISE 2
STANDING CABLE CRUNCH

Equipment: Cable, Full Gym



4	15	30
SETS	REPS	REST

EXERCISE 3
BICYCLE CRUNCH

Equipment: Full Gym, NO EQUIPMENT



4	12	30
SETS	REPS	REST

EXERCISE 4
RUSSIAN TWIST

Equipment: Full Gym, NO EQUIPMENT



3	12	30
SETS	REPS	REST

EXERCISE 5
DRAGON FLAG

Equipment: Bench, Full Gym, NO EQUIPMENT



4	12	30
SETS	REPS	REST

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AW Rasmussen



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