

Super Abdominal Workout

1. Knee Hugs	x 20
2. Crunches	x 20
3. Leg Raise	x 15
4. Crunches	x 10
5. Jack Knife	x 10
6. Crunches	x 10
7. Twist Crunch	x 10
8. Crunches	x 20
9. Jack Knife	x 10
10. Sit Ups	x 20
11. Crunches	x 10
12. Twist Crunch	x 15
13. Crunches	x 10
14. Jack Knife	x 10
15. Straddle Sit-ups	x 15
16. Jack Knife	x 10
17. Crunches	x 20
18. Leg Raise	x 20
19. Jack Knife	x 10
20. Hold Crunch	x 10
21. Crunches	x 20
22. Leg Raise	x 15

***For Super Psycho Abdominal Workout, Add 5 reps to each then,**

Twist Crunches x 20, Straddle Sit-ups x 20, Jack Knives x 15

****Regular Abs (Add Twist)***

****Countdown Abs (Crunches, Leg Raise, Jack Knife- 30,25,20)***

****Stabilization: Front, Side, Back- 30 seconds***

****Barbell Abs (Crunches, Leg Raise, Twist)***