

AB Workout (Beginner)

Order	Exercise	Sets	Reps
1	Hanging Knee Raises	1	4
		1	6
		1	8
2	Reverse Crunches	1	8
3	Lying Hip Thrusts	1	6
		1	10
4	AB Bicycle	1	16
		1	20
		1	30
5	Side Planks	1 (Both Sides)	30 Sec
6	Alternating Crunches	1	12
		1	16
7	AB Scissors	1	5
8	AB Wheel	1	8
		1	10
		1	12
9	Front Planks	1	40 - 60 Sec
10	Hip Flexions	1	10
		1	15

AB Workout (Intermediate)

Order	Exercise	Sets	Reps
1	Hanging Knee Raises	2	10
2	Reverse Crunches	1	15
3	Lying Leg Thrusts	1	15
4	AB Bicycle	1	50
5	Side Planks	1 (Both Sides)	30 - 90 Seconds
6	Alternating Crunches	1	20
7	AB Scissors	1	15
8	AB Wheel	1	20
9	Front Planks	1	1 - 2 Minutes
10	Hip Flexions	1	25

AB Workout (Advanced)

Order	Exercise	Sets	Reps
1	Hanging Knee Raises	4	10
2	Reverse Crunches	1	20
3	Delcine Board Leg Thrusts	1	15
4	AB Bicycle	2	50
5	Side Planks	1 (Both Sides)	1 - 2 Minutes
6	Alternating Crunches	1	20
7	AB Scissors	1	20
8	AB Wheel	2	20
9	Front Planks	1	2 - 3 Minutes
10	Hip Flexions	2	25