

Sexy Six-pack

Written by  
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Exercise Ball Crunch

2 sets with 6-12 repetitions

Mondays

Crunches Legs Up

3 Sets with 6-12 repetitions

You have to train your abdominals like any other muscle. It means: Not more than 2 times per week and with a maximum of 8 sets per training session.

Thursday

Crunch Hands Overhead and bent legs

Ab Crunch Machine

Bent-Knee Hip Raise

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