

Free Abs Workout 1

Exercise	Sets	Reps
Cable Overhead Reverse Crunch	4	20
Cable Oblique Crunch	4	20/side
Weighted Barbell Twist	4	25/side
Decline Ab Crunch with Bicep Curl	4	15
Reverse Cable Crunch	4	15
Barbell Oblique Rows	4	20/side

Cardio: 30 minutes