

Build Muscle and Burn Fat



Best Ab Workout #1

Date:

Exercises	Muscle Targeted	Weight	Set	Reps	Actual Reps
Cable Crunch	Abdominals		1	10	
Hanging Leg Raise	Lower Abdominals	Body	1	15	
Standard Crunch	Upper Abdominals	Body	1	25	

Rest for 2 Minutes

Exercises	Muscle Targeted	Weight	Set	Reps	Actual Reps
Cable Crunch	Abdominals		2	10	
Hanging Leg Raise	Lower Abdominals	Body	2	15	
Standard Crunch	Upper Abdominals	Body	2	25	

When performing this workout, you should perform the exercises in sequence with minimal rest. Performing the exercises in this manner will complete one superset. Rest two minutes between supersets, and then repeat the cycle once more. This completes the workout routine.

Perform each rep with a 2-1-1 tempo. This simply means that you want to take 2 seconds to lower the weight, pause for 1 second, and then perform the lift in 1 second. At the top of the movement you may also squeeze your abs hard for a more intense workout.

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[Build Muscle and Burn Fat with Middle Management™](#)

