

## US Navy Seal Ab Routine

**Perform this Ab Circuit as 2 "Sets". Complete all Exercises in a Row Then Rest for 2 Minutes. That is 1 "Complete" Set, Now Repeat!\*\*  
Perform This up to 3 Times a Week, Exp Schedule:  
Monday-Wednesday-Friday  
Give Yourself a Days Rest In-Between Ab Workouts  
Enjoy!!!!**

**40 crunches  
40 Right Side Crunches  
40 Left Side Crunches  
40 Reverse Crunches  
40 Leg Lifts  
50 Flutter Kicks  
40 Half Sit Ups**

**\*\*Call/Email/Ask for tips on Proper Form and if you are not Familiar with a Specific Exercise\*\***