

6 Week Ab/Core Workout

Forgo Endless Reps and Add Some Resistance To Your Ab Workout!

Questions? Ask a Qualified EDGE Staff member to assist you

Schedule

Day:	Weeks 1-2	Weeks 3-4	Weeks 5-6
1.	Exercise Ball / Free Wt.	Bodyweight (150 reps)	Cable
2.	Bodyweight (100 reps)	Cable	Medicine Ball
3.	Cable	Medicine Ball	Exercise Ball / Free Wt.

Exercise Ball/Free Weights

Weighted Partial Crunch 3X8-15

Weighted Rotation 3X10-12

Weighted Reverse Crunch 3X8-12

Medicine Ball

1. V-Up & Switch 3X10-15

2. Rotational Medicine-Ball Crunch 3X10-15

3. Plyo-metric Crunch 3X8-15

Cable

Seated Cable Crunch 3X10-15

Standing Rope Rotation 3X10-15

Cable Reverse Crunch 3X8-12