

Muscular Detail Ab Routine

Exercise	Sets	Reps
Double Crunch [^]	4	to failure
Cable Crunch	4	12,12,12,12
Hanging Weighted Knee Raises*	3	12,12,12
Decline-Bench Twisting Crunch	3	to failure

[^] Lie on the floor with your feet off the ground. As you crunch your shoulder blades off the floor, pull your knees back by simultaneously contracting your lower abs.

* Hold a medicine ball between your knees.