

# Advanced: All Abdominal

## Abdominal Endurance 1A & 2A

Weekly Progressions		
Weeks	Sets	Repetitions
Week 1	3	15
Week 2	3	20
Week 3	4	25
Week 4	4	30

## Abdominal Strength 1B & 2B

Weekly Progressions		
Weeks	Sets	Repetitions
Week 1	3	10
Week 2	3	12
Week 3	4	15
Week 4	4	20

### Day 1: Abdominal 1A

Exercise	Sets	Repetitions
Crunches	3	15
Side Crunches(Each Side)	3	15
Leg Raises	3	15
Diamond Sit-Ups	3	15

### Day 2: Abdominal 1B

Exercise	Sets	Repetitions
Medicine Alt. Elbow Sit-Up	3	10
Medicine 90 degree Toe Taps	3	10
Weighted Hanging Knee Lifts	3	10

### Day 3: Abdominal 2A

Exercise	Sets	Repetitions
Feet Diamond Toe Taps	3	15
Single Alternating Leg Raises	3	15
Full Toe Tapping Sit-Ups	3	15
V- Ups	3	15

### Day 4: Abdominal 2B

Exercise	Sets	Repetitions
Medicine Ball Leg Raises	3	10
Cable Rope Crunches	3	10
Weight Decline Sit-Ups	3	10