

# Beginner: All Abdominal

## Abdominal Endurance A

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

## Abdominal Strength B

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
Machine Crunches	3	15
Machine Oblique Twist	3	15
Machine Back Extensions	3	15

**Note: No Weight or a starting weight with the ability to perform quality repetitions**

# Day 2: Abdominal 1B

Exercise	Sets	Repetitions
Machine Crunches	3	10
Machine Oblique Twist		
Machine Back Extensions	3	10

**Note: Increase Day 1 working weight by 5 - 10 lbs each Week**