

Intermediate : All Abdominal

Abdominal Endurance A & C

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 A

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

Note: Fully stretch and breathe with each contraction of the abdominal

Day 2: Abdominal B

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

Note: Increase medicine ball by 2-5 lbs weekly

Day 3: Abdominal C

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

Note: Perform with full ranges of motion