



# STRENGTH

## AB WORKOUT

Sectioned in supersets. By type.

### LARGE ROM

**A1:** Sit Up X 20

**A2:** Straight Leg Raise X 15

### COMPOUND

**B1:** Marine Crunch X 15

**B2:** V-Up X 15/side

### UNILATERAL

**C1:** Swinging Leg Crunch X 15

**C2:** Cross Leg Crunch X 20

### OBLIQUE

**D1:** Side V-Up X 15/side

**D2:** Penguins X 50