



SIX PACK AB CHALLENGE

by MissFitAndNerdy

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Demos

Video demonstrations for all exercises and the complete workouts can be found in **[THIS VIDEO](#)**

Do each workout once per week.
Take at least one day of rest between each workout.
Do these workouts for 4-6 weeks

Frequency

Rest 45-60 seconds between sets and between exercises.
These are not circuit workouts. Complete all sets of each exercise before moving on to the next one.

Rest

The gym version requires standard gym equipment.
The at home version requires resistance bands.

Equipment

AB CHALLENGE: GYM VERSION

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Cable Crunches 2-3 x 10-12

Oblique Crunches 2-3 x 12-15

Stomach Vacuums 2 x 10-60 sec

Workout 1

Workout 2

Hanging Leg Raises 2-3 x 5-15

Reverse Crunches 2-3 x 8-15

Cable Rotations 2-3 x 10-15

TRX Pike 2-3 x 10-12

(Substitutions: Slider pike or Ball pike)

Weighted Decline Sit Ups 3 x 10-12

Stomach Vacuums 2 x 10-60 sec

Workout 3

AB CHALLENGE: HOME VERSION

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Banded Cable Crunches 3 x 10-12

Oblique Crunches 3 x 12-15

Stomach Vacuums 2 x 10-60 sec

Workout 1

Workout 2

Weighted Crunches 3 x 10-15

Reverse Crunches 3 x 8-15

Slow Weighted Russian Twist 2-3 x 8-12

Slider Pike 2 x 10-12
Substitute: Ball pike

Weighted Sit Ups 3 x 10-12

Stomach Vacuums 2 x 10-60 sec

Workout 3