

LOWER ABS & INTERNAL OBLIQUES

TUESDAY – THURSDAY – SATURDAY

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
Laying Leg Pull-in	20 reps	20 reps	20 reps
Mountain Climber Cross Body	20/side	20/side	20/side

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
Hanging Knee Raise	20 reps	20 reps	20 reps
Side Bridges	15-20/side	15-20/side	15-20/side

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
V - Crunch	20 reps	20 reps	20 reps
Hanging side Raise	15-20/side	15-20/side	15-20/side

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Planks (on the Bench)	90-120 sec	90-120 sec	90-120 sec
Cricket Short Crunch	15-20/side	15-20/side	15-20/side

NOTE: There is no rest in between the exercises. Take 30sec rest after the super set. Do 3 sets, for more info watch "Lower Abs" video.

*****NOTE:** Guru Mann is not responsible for any kind of injury during exercise***