

UPPER ABS & EXTERNAL OBLIQUES

MONDAY – WEDNESDAY - FRIDAY

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
Incline Crunches	20 reps	20 reps	20 reps
Incline Twist	20 reps	20 reps	20 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
Standing Rope Crunches	20 reps	20 reps	20 reps
Standing Rope Side Crunches	15-20 reps	15-20 reps	15-20 reps

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
Rope Crunches (on Knee)	20 reps	20 reps	20 reps
Rope Oblique Crunches (on Knee)	20 each side	20 each side	20 each side

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Crunches on Lat Machine	20 reps	20 reps	20 reps
Dumbbell Side Bend (with rotation)	20 each side	20 each side	20 each side

Exercise 5: Regular Set

EXERCISES	SET 1	SET 2	SET 3
Stomach Vacuum (5sec hold)	10times	10times	10times

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

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

*Designed & Created by Guru Mann, Certified Advanced Fitness Trainer & Nutrition Specialist
 California, United States.*