



FAB ABS

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BB SQUAT TO SHOULDER PRESS (warm-up)	20	2	30 SECS
VERTICAL LEG RAISES SS KNEE RAISES	10	3-4	60 SECS
CRUCHES ON BENCH SS RUSSIAN TWIST HOLDING 5/10KG PLATE	15	3-4	60 SECS
BACK RAISES SS BICYCLE CRUNCHES	15	3-4	60 SECS

45 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BB SQUAT TO SHOULDER PRESS (warm-up)	25	2	45 SECS
SINGLE LEG PRESS SS SPLIT SQUATS DB	15	3	60 SECS
VERTICAL LEG RAISES SS KNEE RAISES	15	3	60 SECS
HOLD PLANK 1 MIN SS LEG CURL USING SWISS BALL	20	3	60 SECS
CRUCHES ON BENCH SS RUSSIAN TWIST HOLDING 5/10KG PLATE	15	3	60 SECS
BACK RAISES SS BICYCLE CRUNCHES	20	3	60 SECS

KEY:

BB	BARBELL
DB	DUMBBELL
DS	DROP-SET
KB	KETTLE BELL
SS	SUPER-SET



FAB ABS - PICS

BB SQUAT TO SHOULDER PRESS



VERTICAL LEG RAISES



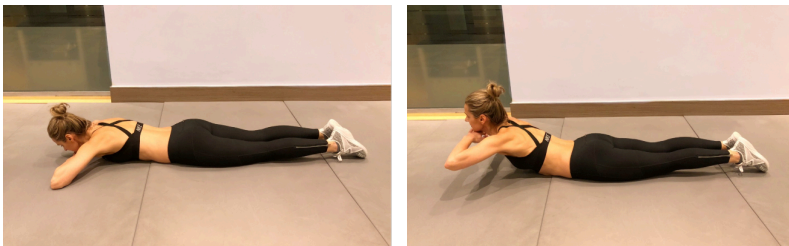
KNEE RAISES



RUSSIAN TWIST HOLDING 5/10KG PLATE



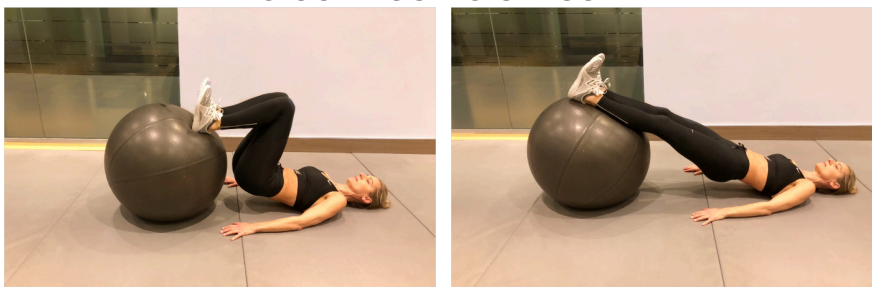
BACK RAISES



PLANK



LEG CURL USING SWISS BALL



BICYCLE CRUNCHES

