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GK Sports

SIX-PACK ABS

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Six Pack Abs

Level 2

Phase III	Week 9			Week 10			Week 11			Week 12		
Exercise	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest

<i>Day 2</i>			
Cable Crunch	3	15	ss
Verticle Leg Raise	3	15	ss
Straight-Leg Hip Rotation	3	25	ss
V-Ups	3	15	30