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GK Sports

SIX-PACK ABS

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**Six Pack Abs****Level 3**

<b>Phase II</b>	<b>Week 5</b>			<b>Week 6</b>			<b>Week 7</b>			<b>Week 8</b>		
<b>Exercise</b>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>

<i>Day 2</i>			
Decline Weighted Crunch	3	20	ss
Hanging Knee Raise	3	15	ss
Straight-Leg Hip Rotation	3	20	ss
Stability Ball Twist	3	20	ss
V-Ups	3	20	30