

SCULPTED SUMMER ABS WORKOUT

with IFBB Pro *Jessica Renee*

| EXERCISE | SETS | REPS |
|-----------------------------|------|------|
| DAY 1 | | |
| SEATED CABLE CRUNCH MACHINE | 4 | 50 |
| DAY 2 | | |
| STABILITY BALL CRUNCH | 4* | 25 |
| STABILITY BALL PIKE | | |
| PLANK KNEE-INS | | |
| DAY 3 | | |
| HANGING LEG RAISES | 4* | 15 |
| HANGING CRUNCHES | | |
| DAY 4 | | |
| SCISSOR KICKS ON THE BENCH | 4* | 25 |
| LEG LIFTS ON THE BENCH | | |
| CABLE WOODCHOPPER | | |

*EACH SET DONE AS A CIRCUIT OF ALL EXERCISES THAT DAY.
 ONE MINUTE REST BETWEEN EACH SET.