

MUSCLE INERNO.COM'S BEST LIST

ABDOMINAL EXERCISES, ATHLETIC, MEDICINE BALL #1

**Please consult a physician before conducting these or any other form of exercise and review our Disclaimer.

Perform the following number of sets and reps based on your fitness level:
(Add resistance-dumbbells, medicine ball, weight vest, resistance band, etc. if needed)

Beginner: 2 x 10 - 15 of each exercise
Intermediate 3 x 15 - 20 of each exercise
Advanced: 3 x 25 - 30 of each exercise

(Best Abs) Abdominal Ball Throws: Legs Suspended, Knee Tuck, Partner, Speed/Power Rep #12630



(Best Abs) Crunch with Toe Touch: Supine, Medicine Ball #11783



(Best Abs) Abdominal Chops: Supine, Medicine Ball #11960



(Best Abs) Abdominal Weave: Suspended, Medicine Ball (Legs Straight) #144



(Best Abs) Side Swing Medicine Ball Throws: Medicine Ball, Speed/Power Rep #12781

