

MUSCLE INERNO.COM'S BEST LIST

ABDOMINAL EXERCISES, BODY WEIGHT, NO EQUIPMENT #2

****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 Leg Kicks: Crunch Hold, Supine #11773



(Best Abs) Bicycle: One Side, Large Range #11955



(Best Abs) Toe Touches: Overhead Reach, Knees Bent Over Hips, Supine #12773



(Best Abs) Knee Tucks: Supine, 1 Leg Crossed, Abdominal Incline Bench #10157



(Best Abs) Sidelying Double Abs: #12618

