SIX PACK ABS:

HOME WORKOUT ROUTINE

1	SKI	YNN	MUSCLES				
	fitness	blog	for	skinny	guys		

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MONTH:	,
GOALS:	
WEEK STARTING:/	

EXERCISE	DA	DAY 1		DAY 2		DAY 3		Y 4
	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
Lying leg raises (20 reps)								
Floor crunches (25 reps)								
Side crunches (15 reps)								
Russian twists (30 reps)								
Plank	to fa	to failure		ilure	to fa	ilure	to fa	ilure

WEEK STARTING: ____/____

EXERCISE	DAY 1		DAY 2		DAY 3		DAY 4	
	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
Lying leg raises (20 reps)								
Floor crunches (25 reps)								
Side crunches (15 reps)								
Russian twists (30 reps)								
Plank	to failure		to failure		to failure		to failure	

WEEK STARTING: ____/____

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	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
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Plank	to failure		to failure		to failure		to failure	

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Plank	to failure		to failure		to failure		to failure	