

SIX PACK ABS:

HOME WORKOUT ROUTINE



SKINNY MUSCLES
fitness blog for skinny guys

www.skinnymuscles.com

MONTH: _____

GOALS: _____

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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