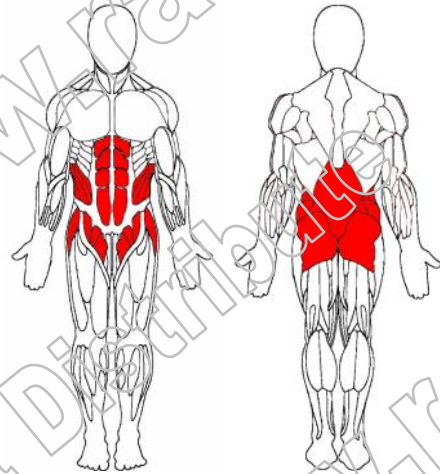


EXERCISES

- 01** Crunches
- 02** Leg Raises
- 03** Hip Raises
- 04** Side Crunches
- 05** Sit Ups

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Beginner
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 6-7 RPE
- Freq** 2X Week
- Prog** RP+2
- Dur** 8-12 weeks
- Equip** Mat

NOTES

- This routine can be done at home or on the go
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



ROUTINE # 040: Core / Beginner



Crunches



Leg Raises



Hip Raises



Side Crunches



Sit Ups



ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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ROUTINE # 040

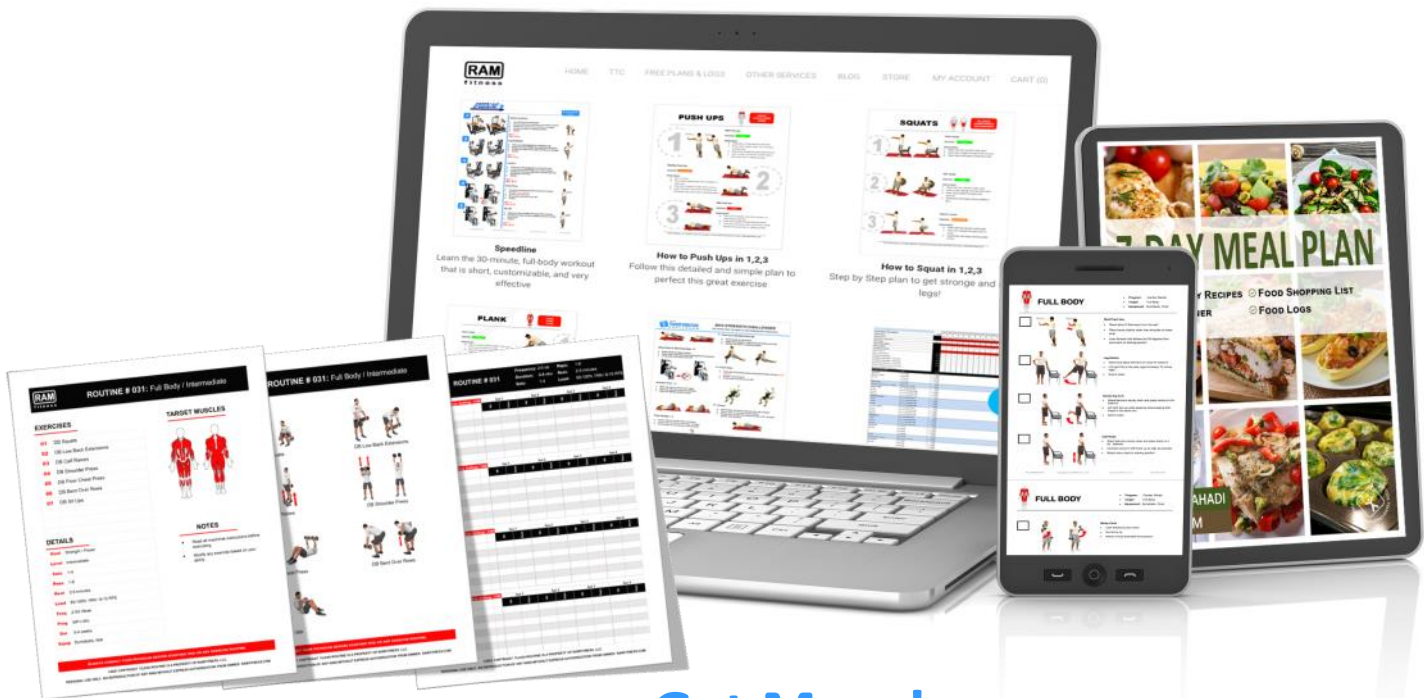
Frequency: 2 wk
Duration: 8-12 wks
Sets: 2-3
Reps: 8-12
Rest: 1-2 minutes
Load: 6-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Crunches									
Leg Raises									
Hip Raises									
Side Crunches									
Sit ups									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Crunches									
Leg Raises									
Hip Raises									
Side Crunches									
Sit ups									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Crunches									
Leg Raises									
Hip Raises									
Side Crunches									
Sit ups									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Crunches									
Leg Raises									
Hip Raises									
Side Crunches									
Sit ups									



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