

Core & Conditioning

Sunday • Abs Workout

45-75 min/session | 5-6 days/week | HIIT + Strength | Calorie Deficit

Rest: 30-60 sec (isolation) / 60-90 sec (compound)

#	EXERCISE	SETS x REPS
1	Hanging Knee Raise	4 x 15
2	Plank to Push-Up	4 x 12
3	Cable Crunch	4 x 20
4	V-Ups	4 x 15
5	Sled Push / Prowler	6 x 20 m
6	HIIT Sprint	10 x 30 sec (30 sec rest between)

FINISHER — HIIT 10 min (Sled / Bike / Run)

TRAINER RECOMMENDATIONS

- Create a calorie deficit of 300-500 calories daily
- Eat high protein: 1.6-2.2 g per kg of body weight
- Lift heavy, do HIIT, and stay active
- Drink 3-4 liters of water daily
- Sleep 7-8 hours every night
- Track progress every week - consistency is the key