

Core & Weak Points

Sunday • Abs Workout

60-90 min/session | 5-6 days/week | 3-5 sets/exercise | 6-12 reps compound, 10-15 reps isolation
Rest: 60-90 sec (isolation) / 2-3 min (compound)

#	EXERCISE	SETS x REPS
1	Hanging Leg Raise	4 x 15
2	Cable Crunch	4 x 20
3	Plank	3 x 60 sec
4	Russian Twist	3 x 20
5	Cardio	20-30 min

TRAINER RECOMMENDATIONS

- Lift heavy with strict form
- Prioritize compound movements
- Eat enough protein: 1.6-2.2 g per kg of body weight
- Sleep 7-9 hours every night
- Track every workout and progress every week