

Legendary ABS - Training Program

Schedule	Monday	TueSday	Wednesday	Thursday	Friday	Saturday	Sunday
	Legendary Abs	OFF	Legendary Abs	OFF	OFF	Legendary Abs	OFF

KEY	Tempo
S	Slow (1 Rep. 2 Seconds)
M	Medium (1 Rep- 1 Second)
F	Fast (2 Reps - 1 Second)

Description:
 Perform each exercise in the order that is shown. Follow the weekly progression on the chart for Legendary Abs

Level 1 (WEEK 1)					
ExerciSe:	Leg Thrust	1/4SitUps	10	Leg Thrust	1/4SitUps
RepS:	15	25	Sec	10	20
Speed:	M	S	reSt	M	S

Level 2 (WEEK 2)					
ExerciSe:	Leg Thrust	15	Leg Thrust	AbCrunch	1/4SitUps
RepS:	25	Sec	20	25	10
Speed:	M	reSt	M	S	F

Level 3 (WEEK 3)						
ExerciSe:	Hanging Knee-Ups	15	Hanging Knee-Ups	AbCrunch	15	AbCrunch
RepS:	10	Sec	8	25	Sec	20
Speed:	M	reSt	M	S	reSt	F

Level4 (WEEK 4)						
ExerciSe:	Hanging Knee-Ups	15	Hanging Knee-Ups	Straight Hanging Leg Raise	AbCrunch	1/4SitUps
RepS:	15	Sec	10	15	20	10
Speed:	M	reSt	M	S	M	F

Level 5 (WEEK 5)								
Exercise:	Hanging Knee-Ups	10	Hanging Knee-Ups	Straight Hanging Leg Raise	10	Straight Hanging Leg Raise	AbCrunch	1/4SitUps
Reps:	20	sec	15	20	sec	15	30	10
Speed:	M	rest	M	M	rest	M	S	F

Level 6 (WEEK 6)								
Exercise:	Hanging Knee-Ups	10	Hanging Knee-Ups	Straight Hanging Leg Raise	10	Straight Hanging Leg Raise	AbCrunch	1/4SitUps
Reps:	25	sec	20	20	sec	15	35	15
Speed:	M	rest	M	M	rest	M	S	F

Level 7 (WEEK 7)										
Exercise:	Straight Hanging Leg Raise		10	Straight Hanging Leg Raise		10	Straight Hanging Leg Raise	AbCrunch	1/4SitUps	AbCrunch
Reps:	5		sec	5		sec	10	35	15	35
Speed:	M		rest	M		rest	M	M	F	S

Level 8 (WEEK 8)															
Exercise:	Straight Hanging Leg Raise		Hanging Knee-Ups	10	Straight Hanging Leg Raise		Hanging Knee-Ups	Straight Hanging Leg Raise		10	Straight Hanging Leg Raise		Cross Knee Crunch	1/4SitUps	Cross Knee Crunch
Reps:	10		5	sec	10		5	30		sec	25		15	15	15
Speed:	M		M	rest	M		M	M		rest	M		S	F	M