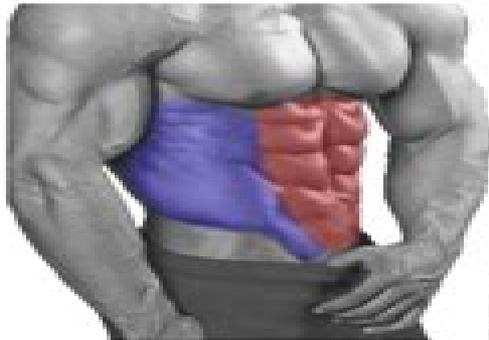


# SIX PACK ABS WORKOUT



**EXERCISE 1**  
**CRUNCHES**

Equipment: Full Gym, NO EQUIPMENT



4 SETS	12 REPS	30 REST
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**EXERCISE 2**  
**STANDING CABLE CRUNCH**

Equipment: Cable, Full Gym



4 SETS	15 REPS	30 REST
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**EXERCISE 3**  
**BICYCLE CRUNCH**

Equipment: Full Gym, NO EQUIPMENT



4 SETS	12 REPS	30 REST
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**EXERCISE 4**  
**RUSSIAN TWIST**

Equipment: Full Gym, NO EQUIPMENT



3 SETS	12 REPS	30 REST
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**EXERCISE 5**  
**DRAGON FLAG**

Equipment: Bench, Full Gym, NO EQUIPMENT



4 SETS	12 REPS	30 REST
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# Guide To Get A Six Pack

**RJ Alexander**



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