

Full Abdominal Workout Plan for Beginners

Take this workout plan to the gym or wherever your workout. Do the recommended number of repetitions of each exercise for your workout. If you can't do all of them at first, give try your very best and you'll get what you want: A Great Workout!

	Monday	Wednesday	Friday
1. Extended Leg Lifts <i>or</i> Bent Leg Hip Raises	<i>10</i> <i>Bent: 20</i>	<i>10</i> <i>Bent: 20</i>	<i>10</i> <i>Bent: 20</i>
2. Reverse Sit-ups	<i>25</i>	<i>25</i>	<i>25</i>
3. Side Jackknife Crunches: Modified	<i>20 on each side</i>	<i>20 on each side</i>	<i>20 on each side</i>
4. Bicycles <i>or</i> Crossover Crunches	<i>20 on each side</i>	<i>20 on each side</i>	<i>20 on each side</i>
5. Knees Bent Crunches	<i>25</i>	<i>25</i>	<i>25</i>
6. Crunches: Frog Legs	<i>20</i>	<i>20</i>	<i>20</i>