




Morning Abs

1. Never compromise technique. 2). Do as many reps as you can. 3). Once you can exceed 16 reps increase weight.\n 4. If you can't complete 8 reps then reduce the weight. 5). Don't hold your breath!

	W		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	R	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	S	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	W		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	R	20	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	S	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	W		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	R	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	S	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	W		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	R	15	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	S	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	W		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	R	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	S	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3

W = weight (kg) R = repetitions S = sets