

FOR MEN
FITNESSRx™
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

PRINT AND GO

KYLE'S TOP AB WORKOUT

| EXERCISE | SETS | REPS |
|---|------|------|
| HANGING LEG RAISES | 3 | 10 |
| ROPE CRUNCHES | 4 | 15 |
| WEIGHTED OBLIQUE CRUNCH ON HYPER EXTENSION MACHINE | 4 | 15 |