

JASON POSTON'S AB WORKOUTS

WORKOUT 1 (Monday/Thursday)

EXERCISE	SETS	REPS
CABLE OBLIQUE CRUNCHES	3	20
DRAGON FLAGS	3	8
CABLE WOOD CHOPPERS	3	20

WORKOUT 2 (Tuesday/Friday)

EXERCISE	SETS	REPS
WEIGHTED GLUTE/ HAMSTRING SIT-UPS	3	10
JACKKNIFES	3	20 (EACH SIDE)
HANGING LEG RAISES	3	15