



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



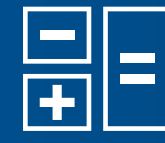
Diet Plans



Expert Guides



Videos



Tools

10 MINUTE LOWER AB WORKOUT CIRCUIT

Build up your lower abdominal muscles using this intense and focused ab workout circuit. It can be performed three times per week on nonconsecutive training days.

Link to Workout: <https://www.muscleandstrength.com/articles/10-minute-lower-ab-workout-circuit>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 10 Weeks

Days Per Week: 3 Days

Time Per Workout: 10 Mins

Equipment: Other

Author: L.J. Walker

10 Mins Lower Ab Circuit

Exercise	Sets	Reps
Abdominal Air Bike	1	25 Each Leg
Bench Jack Knife	1	25
Lying Bench Leg Raise	1	25
Reach & Catch	1	25 Each Leg
Chair Leg Raise	1	25
Floor Toe Reach	1	25
Sit Up	1	50
Cable Crunch	1	50

Perform 2 - 3 x per week. Restrict rest between each exercise, moving from one set to the next.