



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



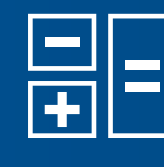
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4 WEEK "V CUTS ABS" WORKOUT ROUTINE

This workout was designed to help you build that coveted "V-cut" midsection. It combines a lower abdominal focuses ab workout plan with an upper/lower split.

[Link to Workout: https://www.muscleandstrength.com/workouts/4-week-v-cuts-abs-workout](https://www.muscleandstrength.com/workouts/4-week-v-cuts-abs-workout)

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 4 Weeks

Days Per Week: 4 Days

Time Per Workout: 60 - 75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Exercise Ball, Machines

Target Gender: Male & Female

Author: [Josh England](#)

Monday: Upper & V Cut Abs Workout

Exercise	Sets	Reps
Standing Dumbbell Press	4	8
One Arm Dumbbell Row	4	12
Cable Row	3	10
Barbell Bench Press	4	8
EZ Bar Curl	2	12
Tricep Rope Extension	2	12
Hanging Leg Raise	4	10
Flutter Kicks	3	20 Each
Bicycle Crunch	3	12 Each
Plank	3	45 Secs

Tuesday: Lower & V Cut Abs Workout

Exercise	Sets	Reps
Front Squat	4	8
Leg Press	3	12
Romanian Deadlift	4	8
Seated Leg Curl	3	12
Standing Calf Raise	3	20
Leg Press Calf Raise	3	12
Reverse Crunch	3	20
Scissor Crosses	3	15 Each
Oblique Crunch	3	12 Each
Decline Crunch	3	10

Thursday: Upper & V Cut Abs Workout

Exercise	Sets	Reps
Dumbbell Incline Bench Press	4	8
Dumbbell Lateral Raise	3	12
Pull Up	4	8
Bent Over Row	3	10
Cable Face Pull	3	12
Dumbbell Shrug	3	15
Lying Leg Raises	4	15
Mountain Climbers	3	20 Each
Side Plank	3	30 Secs Each
Dead Bugs	3	12 Each

Friday: Lower & V Cut Abs Workout

Exercise	Sets	Reps
Back Squat	4	8
Hack Squat	3	12
Leg Extension	3	10
Dumbbell Stiff Leg Deadlift	4	8
Leg Curl	3	12
Standing Calf Raise	4	20
Decline Bench Leg Raise	3	15
Straight Leg Toe Touch	3	12
Russian Twists	3	12 Each
Ab Crunch	3	15