



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



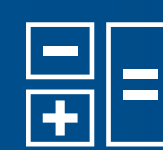
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8 Pack Abs Workout: How to Get the Ultimate 8 Pack

Forget the highly coveted six pack. Bodybuilder Brad Borland presents three intense abdominal workouts that will help you build a thick 8 pack.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-ab-workouts-build-8-pack>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 15-30 Mins

Equipment: Bodyweight, Other

Author: Brad Borland

Routine #1

Exercise	Sets	Reps
Crunches on a Flex Ball	3	15
Hanging Leg Raises	3	15
Bicycles	3	20

Routine #2

Exercise	Sets	Reps
Side Crunches on Roman Chair	3	15
Low Pulley Crunches	3	15
Windshield Wipers	3	20
3 Way Plank	3	20 - 30 Seconds

Routine #3

Exercise	Sets	Reps
Dragon Flag	3	As Many As Possible
Superset		
Straight Leg Raises	3	10
Bent Leg Raises		
Superset		
Russian Twists	3	10 Each Side
Floor Crunch	3	15