



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



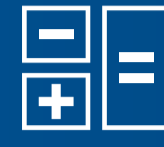
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AB WORKOUT TO INCREASE AB SIZE

This advanced ab workout is designed to increase the size of your abdominal muscles to make them more defined and visible.

Link to Workout: <https://www.muscleandstrength.com/workouts/29-ab-workout-to-increase-ab-size-.html>

Main Goal: Build Muscle
Training Level: Advanced
Program Duration: 6 Weeks
Days Per Week: 2 Days

Time Per Workout: 15-30 Mins
Equipment: Bodyweight, Cables, Exercise Ball
Author: Team Muscle & Strength

Workout 1

Exercise	Sets	Reps
Cable Crunch	3	12
Weighted Leg Raise	3	10
Weighted Exercise Ball Crunch	3	12

All exercises should be done slowly! Focus on crunching the ab muscles, not rotating at the hips. Add weight if you feel like you can perform a few more reps.

Workout 2

Exercise	Sets	Reps
Hanging Knee Raise , Twisting	3	12
Weighted Decline Sit Ups	3	10 - 12
Weighted Decline Abdominal Reach	4	10

Hanging Knee Raises: Twist left & right on each rep.

Notes:

The routine is done twice a week, with at least 2 days rest in between sessions. Traditionally, [ab exercises](#) are usually done at around 20 reps, but this workout works in a rep range of 10 - 12 with loads increasing to build the size of the abdominals.

