



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



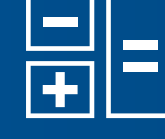
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Videos



Tools

CORE DESTROYER: 8 WEEK AT HOME AB WORKOUT

Ab training shouldn't be complicated. Add this twice-weekly workout to your routine to help build core strength and ab definition for the six pack of your dreams.

Link to Workout: <https://www.muscleanstrength.com/workouts/core-destroyer-8-week-home-ab-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 10-20 Mins

Equipment: Bodyweight, Dumbbells

Author: Roger "Rock" Rockridge

Workout #1 - Straight Sets Session

Exercise	Sets	Reps	Rest
Weighted Crunch	3	10 - 12	60 seconds
Rotating Mountain Climber	3	10 - 12 (each side)	60 seconds
Seated Twist	3	10 - 12 (each side)	60 seconds
Lying Leg Raise	3	10 - 12	60 seconds
Plank	3	60 seconds	60 seconds

Workout #2 - Ab Blasting Circuit

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times. Once you are able to finish three rounds of this with no problem, add five seconds to each exercise.

Exercise	Reps
Weighted Crunch	30 seconds
Rotating Mountain Climber	30 seconds
Seated Twist	30 seconds
Lying Leg Raise	30 seconds
Plank	60 seconds

