



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



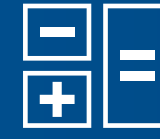
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FRANKOMAN'S 2 DAY INTERMEDIATE AB WORKOUT

Need to bring your abs up to speed? This 2 day per week ab blasting routine by Frankoman will help you carve out your dream six pack.

Link to Workout: <https://www.muscleandstrength.com/workouts/frankoman-2-day-intermediate-ab-routine.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 15-30 Mins

Equipment: Bodyweight, Exercise Ball

Author: Team Muscle & Strength

Day 1: Abs

| Exercise | Sets | Reps |
|---|------|----------|
| Swiss Ball Crunches | 1 | 25 |
| Lying Bench Leg Raise | 1 | 20 |
| Decline Weighted Crunches | 1 | 15 |
| Plank | 1 | Max Time |

Repeat this cycle 2-3 times. 30 - 60 Secs between exercises, 60 - 120 Secs between cycles. To make it more challenging, use no rest between exercises.

Day 2

| Exercise | Sets | Reps |
|--|------|--------------------|
| Twisting Decline Dumbbell Sit Ups | 1 | 25 |
| Hanging Knee Raise (Alternate Sides) | 1 | 20 |
| Decline Weighted Twist | 1 | 15 |
| Side Plank | 1 | Max Time Each Side |

Repeat this cycle 2-3 times. 30 - 60 Secs between exercises, 60 - 120 Secs between cycles. To make it more challenging, use no rest between exercises.

