



WeightLoss & Training.com

Abdominal Weight Loss Workout

Exercise	Set 1	Set 2	Set 3
Woodchopper with medicine ball			
High Intensity Interval Training (10mins)			
2 sets side planks on each side			
5 minutes of elliptical trainer (level 5)			
2 sets of 10 hanging leg raises			
2 sets of 10 lower back extensions			
5 mins Bike Machine Cool down (level 5)			

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)