



Abdominal Workout

Exercise	Set 1	Set 2	Set 3
Abdominal crunches on a stability ball			
Side plank (30 seconds each side)			
Abdominal wheel extensions			
Back extensions with stability ball			
Balance board knee tucks			
Hanging leg raises			
Woodchopper with medicine ball			
Deadlift with dumbbells			

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