



Advanced Workout Plan

EXERCISE	EXERCISE GUIDE	SETS	REPS
Advanced Workout #1 (Superset exercise 1 & 2, and then take a 45 second break)			
1. Isometric Pelvic Tilt	Page 5, #1	3	45 sec.
2. Alternate Crunches with Kickouts	Page 8, #10	3	20/side
(Superset exercise 3 & 4, and then take a 45 second break)			
3. Horizontal Leg Scissors	Page 7, #8	3	15/leg
4. Crunches with Elbows & Knees Touching	Page 8, #12	3	12/side
Advanced Workout #2 *alternate sides without resting			
1. Pelvic Tilt with One Leg Straight	Page 10, #2	2	15/side
(Superset exercise 2 & 3, and then take 45 second break)			
2. Vertical Leg Scissors	Page 7, #7	3	15/leg
3. Crunches with Pelvic Hold	Page 6, #2	3	20
4. Side Crunches with Legs (alternate sides without resting)	Page 11, #5	2	15/side
Advanced Workout #3 (Tri-set) *Perform exercises 1-3 with no rest between sets, take a 45-second break between the tri-set.			
1. Leg Lowers, Two Legs	Page 8, #9	3	6-8
2. Two Leg Kickouts	Page 7, #6	3	15-20
3. Alternate Side Crunches with Pelvic Tilts	Page 6, #3	3	15/side