



7 DAY Exercise Planner

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6 pack



What you need: Suitable exercise space and exercise mat

Explanation: Time to get the toned lean stomach you have always wanted. These four simple exercises will not only improve your posture and core but will assist in defining your mid section.

Reverse Crunch

Start



Finish



Heel Slaps

Start



Finish



Crunches

Start



Finish



V-Sit Ups

Start



Finish



Beginner

20 REPS

Reverse Crunch

30 REPS

Heel slaps (15 reps each side)

20 REPS

Crunches

15 REPS

V-Sit ups

Intermediate

20 REPS x 2

Reverse Crunch

30 REPS x 2

Heel slaps (15 reps each side)

20 REPS x 2

Crunches

15 REPS x 2

V-Sit ups

Advanced

20 REPS x 3

Reverse Crunch

30 REPS x 3

Heel slaps (15 reps each side)

20 REPS x 3

Crunches

15 REPS x 3

V-Sit ups