

# TRAINING PROGRAM: WEEK 8

## DAY 55: ABS & PREP

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 55 minutes before consuming food
Hanging straight legs raises	2	6-8	Suck in your abs and feel the part of your abs contract
Russian twists	2	6-8	Per side, going very slowly
Standing cable crunches	2	6-8	Emphasize the contraction in your upper abs
Post-workout cardio	1	1	Perform 40 minutes immediately after weight-training or add this session later in the evening

### NOTES:

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