	Week 1	Week 2	Week 3	Week 4
#1				
N-O Leg Raises (8 second negative)	8	8	10	10
Prone Rotation	20	20	24	24
Butterfly Crunch	20	20	24	24
Supermans	15	15	20	20
Leg Raises	16	16	20	20
Russian Twist (Arms extended, Feet down)	20	20	24	24
1st position ISO Abs	45 sec	45 sec	45 sec	45 sec
4-Pt. Supermans	20	20	20	20
#2				
Alternating Straight-Leg V-up (Feet down)	20	20	24	24
Oblique Crunch	15	15	20	20
Sit-ups (hands across chest, elbow up over knees)	20	20	20	20
Contralateral Supermans	24	24	30	30
Alternating Bent-Knee V-up (Feet down)	20	20	24	24
Hip Drops	12	12	15	15
Sky Touches	24	24	30	30
Hover w/ leg raise	24	24	30	30
#3				
Reverse Crunch	30	30	30	30
Reverse Trunk Rotation	30	30	30	30
Sit-up w/ Rotation	30	30	30	30
Reverse Hypers	10	10	10	10
Reverse Crunch	20	20	20	20
Lateral Crunch	15	15	15	15
Bent Knee V-up	15	15	15	15
5/5 Bridging	8	8	8	8
	Week 5	**Week 6**	**Week 7**	**Week 8**
#4				
N-O Leg Raises (8 second negative)	12	12	15	15
Prone Rotation	24	24	30	30
Butterfly Crunch w/ wt.	20	20	24	24
Supermans	15	15	20	20
Leg Raises	24	24	30	30
Russian Twist w/ wt. (Arms extended, Feet down)	20	20	24	24
1st position ISO Abs	60 sec	60 sec	60 sec	60 sec
4-Pt. Supermans	24	24	24	24
#5				
Alternating Straight-Leg V-up (Feet up)	20	20	24	24
Oblique Crunch	24	24	30	30
Sit-ups (hands across chest, elbow up over knees)	30	30	30	30
Contralateral Supermans	24	24	30	30
Alternating Bent-Knee V-up (Feet up)	20	20	24	24
Hip Drops	20	20	24	24
Sky Touches w/ wt.	24	24	30	30
Hover w/ leg raise	24	24	30	30
#6				
Reverse Crunch	30	30	30	30
Reverse Trunk Rotation	30	30	30	30
Sit-up w/ Rotation	30	30	30	30
Reverse Hypers	10	10	10	10
Reverse Crunch	20	20	20	20
Lateral Crunch	15	15	15	15
Bent Knee V-up	15	15	15	15
5/5 Bridging	8	8	8	8
To add wt use a plate, MB=Medicine Ball, SB=Stability Ball, or DB=Dumbbell. Substitute where necessary!				