

Crunches

1st set - 2 minutes Max Marine Corps crunches

1 minute break

2nd set - 1 minute Max Marine Corps crunches

1 minute break

3rd set - 30 second Max Marine Corps crunches

30 sec break

4th set - 15 Second Max Marine Corps crunches

Rest

Next exercise is the Torso Machine combined with the crunch machine. Set the weight on both at a weight you can manage for 3 sets each. Should be around 60-90lbs.

Obliques

Torso Machine - Left 20 reps, right 20 reps, **crunch machine** 20 reps.

No break in between sets, switch the machine and start! Do 3 sets total!