

Abs & Obliques Workout	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps
Sit Ups				
Hanging Leg Raise				
Hanging Twist Up Leg Raise				
Rubber band Side Bends				

O - Orange = 5-15 lbs

R - Red = 20-35 lbs

B - Black = 30-50 lbs

P - Purple = 40-80 lbs

G - Green = 50-120 lbs