Abdominal Conditioning Workout
Ajarn Kevin Seaman
thaiboxinguniversity.com

First Two Weeks - 3x Week

- Simple Crunch……20
- 6 Inch Leg Raises……..20
- Crunch Holding Up Position..2 Min Round
- Vertical Leg Raises……...10
- Medicine Ball Crunch……1 Min Round
- Medicine Ball Seated Twist....1 Min Round
- Hanging Knee Ups……..up to 5
- Hanging Leg Raises (Leg Ups).up to 3
- Gator Push-Ups……5
- Punch Crunch……2 Min Round

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3-6 Weeks – 3x Week

- Simple Crunch……20
- 6 Inch Leg Raises……..20
- Crunch Holding Up Position..3 Min Round
- Vertical+Horiz Leg Raises……20
- Medicine Ball Crunch……2 Min Round
- Medicine Ball Seated Twist....2 Min Round
- Hanging Knee Ups…….. 5-10
- Hanging Leg Raises (Leg Ups) 5-10
- Gator Push-Ups……10
- Punch Crunch……2 min x 2 Rounds

After 6 Weeks Set Goals For Your Personal Limits. If Possible, Add Weighted Cable Or Resistant Band Crunches.