



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



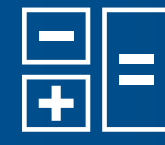
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ABS WORKOUT FOR WOMEN: 8 WEEKS TO A FLATTER STOMACH

Women: looking for that elusive flat stomach? Combine this abs workout with a smart diet and weekly cardio, and you'll reach your goals in no time!

Link to Workout: <https://www.muscleandstrength.com/workouts/abs-workout-women-8-weeks-flatter-stomach>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 15-30 Mins

Equipment: Dumbbells

Author: Scott Trumbley

Weeks 1 - 4

| Exercise | Sets | Reps |
|-------------------------------------|-------|--------------|
| Cable Crunch | 2 - 3 | 15 - 25 |
| Plank | 2 - 3 | 30 - 60 Secs |
| Hanging Knee Raise | 2 - 3 | 10 - 20 |
| Dumbbell Side Bends | 2 - 3 | 10 - 20 |

Weeks 5 - 8

| Exercise | Sets | Reps |
|--|-------|-------------------|
| Twisting Bench Crunch | 3 - 4 | 20 - 30 Each Side |
| Plank w/ Feet on Bench | 3 - 4 | 60 Secs |
| Weighted Sit Ups (Dumbbell on Chest) | 3 - 4 | 20 - 30 |
| Wood Chop | 3 - 4 | 10 - 20 Each Side |

