	S Rings Barbell		<u>Notes:</u> <u>Ab routine A</u> <u>For time, on/off</u>		<u>Dates of Training:</u>		<u>Phase:</u>			<u>Athlete / Goal</u>		
A1	SETS	REPS	<b>MOVEMENT / NOTES</b>	REST	REPS AND WEIGHT	TEMPO:						
WK1	4-5		KB pull throughs for									
WK2 WK3			20-40 seconds of work, then rest 20-30									
WK4			sec									
A2	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO:						
WK1	4-5		Bent Knee crunches									
WK2 WK3			for 20-40 seconds, then rest 20-30 sec									
WK4			then rest 20-50 sec									
A3	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO:						
WK1	4-5		Power sit ups for 20-									
WK2			40 sec, then rest for							_		
WK3 WK4			20-30 sec									
A4	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO:						
WK1	4-5		Med Ball Seated									
WK2			Twists for 20-40 sec,									
WK3 WK4			then rest for 1-3 min.									
	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO:						
WK1			•									
WK2												
WK3 WK4												
VV I\4	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO:						
WK1												
WK2												
WK3												
WK4												