

My 6 pack routine

Regular crunches on floor (with 2 plates of 25lbs on my chest) 3 X 25

Rope crunches (hold 2 secs at the bottom for max squeeze) 3 X 20

Hanging leg raises (knees 45 degree) 4 X 25

Twisting with Lat Pulldown bar 10 mins

* I train abs all year round. Off season 3 times a week. Everyday last 4 weeks before contest. I wanna stress again that abs are only visible if not hidden under layers of fat. Everyone can be big. Not many can be BIG with 6 PACKS! Cheers.