**Your “Impressive Six Pack” Abs Routine [Beginner]**

* Hanging knee raises – 3 sets x 12 reps.
* Plank – 3 sets of 40 seconds (be sure to add some side planks in for 20 seconds once you're comfortable)
* Bicycle crunches – 3 sets x 12 reps (where both elbows to opposite knees is 1 rep)

**Your “Impressive Six Pack” Abs Routine [Intermediate]**

* Hanging leg raises – 4 sets x 15 reps
* Russian Twists (10kg) – 4 sets x 15 reps
* Plank + side plank – 4 sets of 1 minute followed by 30 seconds on each side)
* Bicycle crunches (4kg) – 4 sets of 15 reps

**Your “Impressive Six Pack” Abs Routine [Advanced]**

* Floor Wipers (6kg) – 5 sets of 15 reps
* Turkish Get-ups (24kg kettlebell) – 5 sets of 15 reps each arm
* V-sits (10kg) – 5 sets of 15 reps
* Ab wheel roll outs – 5 sets of 15 reps
* Decline sit ups (10kg) – 5 sets of 15 reps

**Your “Impressive Six Pack” Abs Routine [Insane]**

* Deadlift (100kg) – 5 sets of 15 reps
* Decline sit ups (24kg) – 5 sets of 15 reps
* Plank – 3 sets of 3 minutes with an extra 1 minute side plank on each side
* Hanging toes to bar (10kg) – 5 sets of 15 reps with 3 reps to each hand
* Russian Twists (24kg) – 5 sets of 15 reps
* Floor wipers (10kg) – 5 sets of 15 reps with 3 reps to each side of the bar
* Ab wheel rolls outs (from toes) – 5 sets of 15 reps