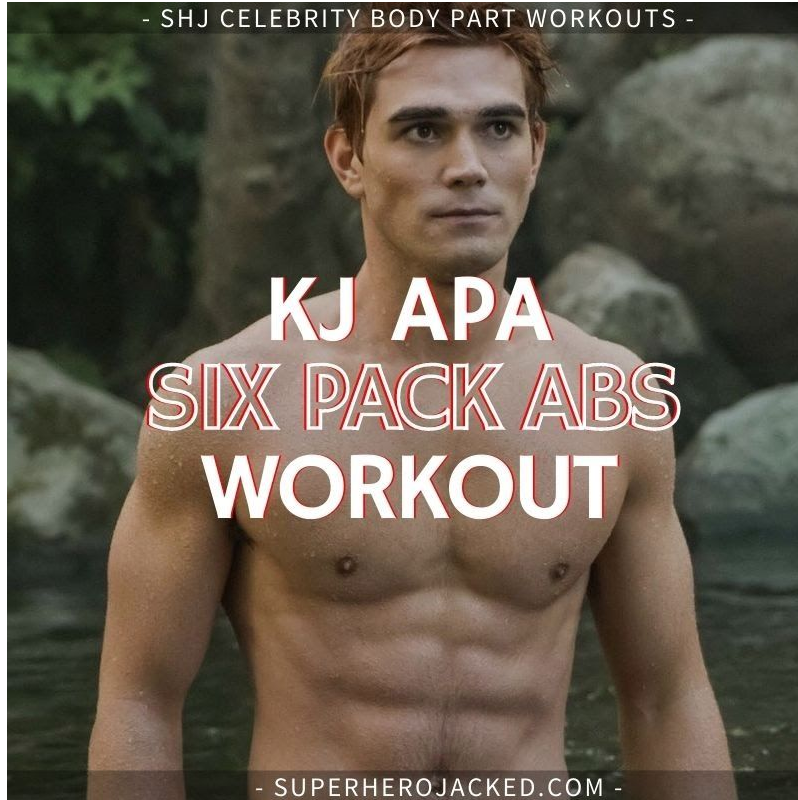


KJ APA AB WORKOUT ROUTINE

- SHJ CELEBRITY BODY PART WORKOUTS -



Bonus PDF File
By: **Mike Romaine**

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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KJ APA AB WORKOUT ROUTINE

Training Volume:

One Day or Portion of Training

[Can Be Repeated Multiple Times a Week]

Explanation:

This ab workout can also be found within KJ Apa's Workout Routine (full weekly workout), but this is specifically his favorite ab workout used with his celebrity trainer Alex Fine. This can be added in multiple times a week or even adjusted to include different movements and exercises.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

KJ Apa Ab Workout: Favorite Ab Workout

Mini Circuit

Ab Rollouts Middle -7 reps

Ab Rollouts Left Leg Out – 7 reps

Ab Rollouts Right Leg Out – 7 reps

Mini Circuit

Hanging Crunch With Kick Out

Russian Twists on Bar (Hanging)

Straight Leg Hanging Raises

Mini Circuit

Complete Both with Resistance Ball

In and Outs – 20 reps

Knees to Elbows – 20 reps

KJ Apa Bonus Ab Workout:

30 Seconds Each Exercise:

Lying Leg Lifts

Reverse Crunches

Toe Touches

Sit Ups

Suitcases

Straight Leg Sit Ups

Single Leg Suitcase

Plank

Side Plank Left

Side Plank Right

Single Leg Suitcase Opposite Side

Assisted Suitcase