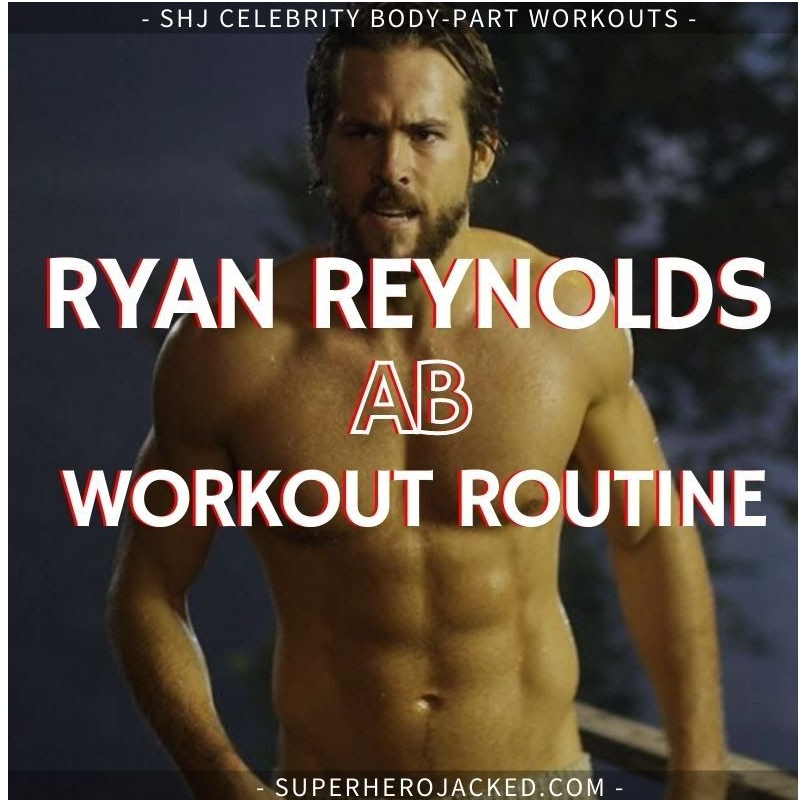


# RYAN REYNOLDS AB WORKOUT ROUTINE

- SHJ CELEBRITY BODY-PART WORKOUTS -



Bonus PDF File  
By: Mike Romaine

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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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# RYAN REYNOLDS AB WORKOUT ROUTINE

## Training Volume:

One Day or Portion of Training

*[Can Be Repeated Multiple Times a Week]*

## Explanation:

You can add this one in a few times a week (I normally recommend 2-3 times per week, just as I have for some of the other ab workouts we've seen) and/or mix and match with some of those other celebrity ab workouts we have ([listicle](#), or in [The Workout Database](#)) as well.

## 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.

## Ryan Reynolds Ab Workout

### Explanation of Workout:

Do one of each set. Then repeat 4 times.

### Ryan Reynolds Ab Set One

Decline Bench Situps x 15-20

Hanging Leg Lifts x 15-20

Wood Chops on Cable x 15-20

**Ryan Reynolds Ab Set Two**

Swiss Ball Crunches x 15-20

Decline Bench Body Bar Twists x 15-20

The Wheel from Knees x 15-20