

ZAC EFRON AB WORKOUT ROUTINE



Bonus PDF File
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ZAC EFRON AB WORKOUT ROUTINE

Training Volume:

One Day or Portion of Training

[Can Be Repeated Multiple Times a Week]

Explanation:

This is a full ab workout Zac Efron and Alexandria Daddario did together while preparing their core for Baywatch! Efron was nice enough to share this workout with everyone to try, so you can go ahead and give it a shot with a partner or even solo!

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.

Done as a Partner Workout or Solo

Hollow Holds

(Hold Band Between Partners)

3×30 Seconds

Russian Twists

(Exchange KB or Medicine Ball Back and Forth)

3×15

Sit Up w/ Ball Toss

3×20

L-Sit Holds to Failure

(L-Sit Competition to Failure!)

3×Failure