

CONOR MCGREGOR AB WORKOUT ROUTINE



Bonus PDF File
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CONOR MCGREGOR AB WORKOUT ROUTINE

Training Volume:

Three Different Ab Workouts to Cycle Through

Explanation:

You have three different ab workout routines that we shared within Conor McGregor's full workout as his core training variations. Keep in mind he does A LOT more than just this style of training, but these are a great way to start cycling through different ab routines and building up your core strength.

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.

Conor McGregor Ab Workout Routine(s)

Conor McGregor Ab Workout A:

Complete 3 Giant Sets:

30 Hanging Leg Raises

30 Seated In & Outs

30 Second Hollow Hold

60 Second Plank

Conor McGregor Ab Workout B:

Complete 3 Giant Sets:

30 Lying Leg Raises w/ Hip Thrust

30 Sit Ups

30 Superman Hold

60 Second Plank

Conor McGregor Ab Workout C:

Complete 3 Giant Sets:

30 Hanging Knee Raises w/ Twist

30 V-Ups

30 Side Plank Each Side