

SYLVESTER STALLONE AB WORKOUT ROUTINE



Bonus PDF File
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SYLVESTER STALLONE AB WORKOUT ROUTINE

Training Volume:

Three Days Worth of Ab Training

Explanation:

These ab workouts were shared in Stallone's book and are built into his full routine, which can be found here. The routine is a 3 day split which also involves HIGH volume training and cardio, but the ab workouts provided are supersets (technically a tri-set and giant set) that he finishes his training with on the given days listed below.

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.

Sylvester Stallone Ab Workout Routine(s)

These routines are what Stallone shares in his book.

Monday and Friday Routine:

Complete as a Tri-Set:

Hyperextensions (Back) x 20

Hanging Leg Raises x 30

Twisting Crunches x 20

Wednesday Routine:

Complete as a Giant Set:

Hanging Leg Raises x 20

Broomstick Twists x 30

Hyperextensions (Back) x 20

Twisting Crunches x 30