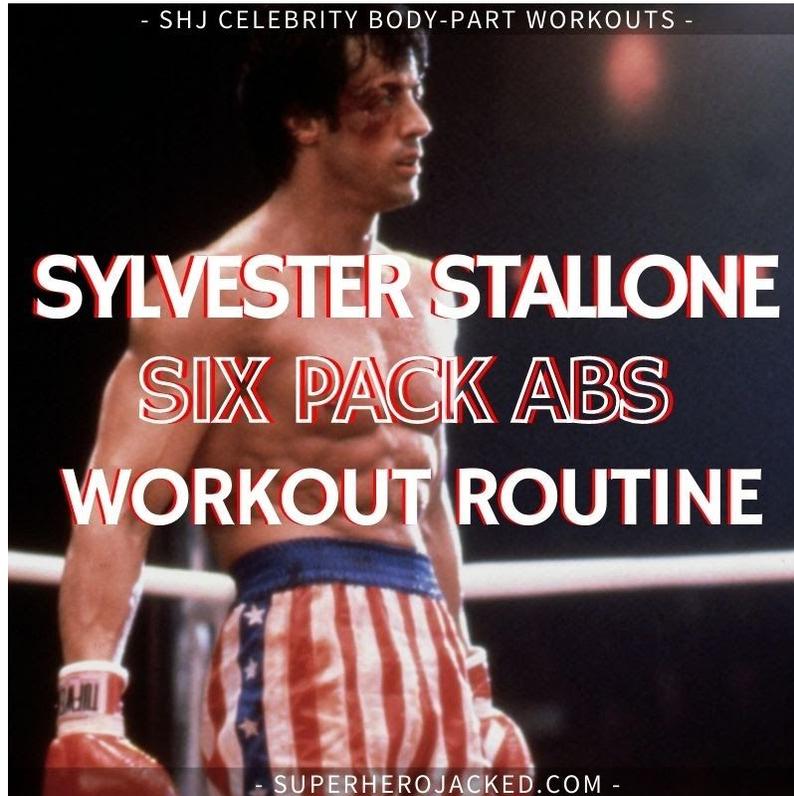


SYLVESTER STALLONE AB WORKOUT ROUTINE



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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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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