

ABS of GLORY!



www.ScottHermanFitness.com

April is stress awareness month. What better way to eliminate stress than to CRUNCH it out!? The SHF ABS of GLORY routine will get your abs looking SO GOOD that there will be nothing to left to stress! Well, other than finding enough places to show them off!

This routine is designed to give anyone a great workout at the GYM.

This Routine Requires:

1. Pull-Up Bar
2. Captain's Chair
3. Decline Bench
4. Medicine Ball
5. Stable Structure To Hold Feet

List of Exercises:

- Sets & reps will vary per exercise
1. **Dumbbell Hanging Knee Raise** (3-4 sets; 15-20 reps)
 2. **Scissor Flutter Kicks** (3 sets; 30 seconds per set)
 3. **Twist-Ups** (3-4 sets; 5-10 reps)
 4. **Hip-Thrust Crunch** (3-4 sets; 10-12 reps)

NOTE: Timestamps are available for each exercise in the info section of the video when watching on YouTube.

- Rest 30-60 seconds between sets
- You can change the order of the exercises

Remember, when doing this routine, workout at your OWN intensity.

- This means if you cannot perform as many sets and reps as I do in the video, do as many as you can.

There are a couple different ways you can do this routine.

- You can perform each exercise for 1 set and then start over. (Complete the circuit 3-4 times)
- You can perform each exercise for 3-4 sets before moving to the next exercise and the workout is finished once you perform the last exercise.
- You can superset 2 exercises, take a 60-90 second break and then superset the next two. (A superset is when you do two exercises at the same time, one right after the other until you complete 3-4 sets of both exercises)
- This routine can be done 2-3 times a week.

IMPORTANT: Remember that your [MEAL PLAN](#) will determine 100% of your results! Be sure to check out the 8 minute demo for the SHF Meal Plan.

EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

