

# How to add Abs to your routine

by trainer winny

I did not include any ab exercises directly into any routine.

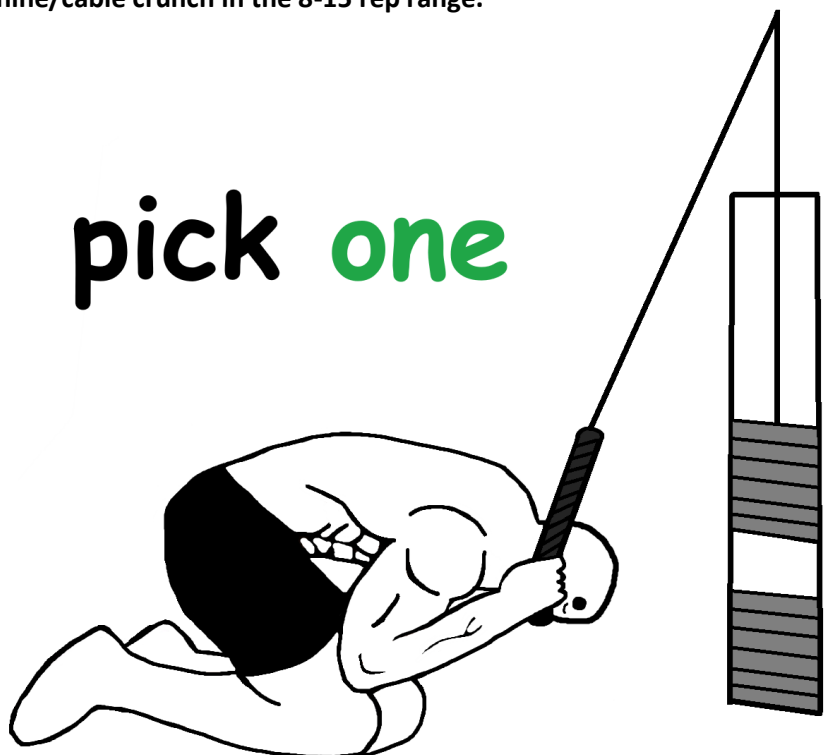
Here, i will show you how to add them to your routine if you want.

You should train your abs at least **2 times per week**, but you can go **up to 4** times per week if you are able to recover between the sessions.

I recommend you to add **3 sets of machine/cable crunch** in the 8-15 rep range.



pick **one**



And if you do not have access to the machine or the cable crunch..

Do not worry!

If that is the case, you need to start doing **weighted** sit-ups.

Either put a **plate** or a **dumbbell** on your chest, or you can **fill up a backpack**.



There is so many ways of progressively overloading that you can use, and **all of them are great!**

It does not really matter which day you decide to train your abs on, it is purely up to you.

But what i would recommend the most, is to train your abs on the days that take you the least time to complete.

When it comes to any of the ab exercises mentioned here, you can pretty much train them whenever you want.

End of the workout? Sure.

Later at home? Why not.

Just pick the exercise you feel like works the best for you, and do it at a time which will fit your schedule the best.

And that is all you need to know, **good luck!**