

# Shoshin Ab Workout - 2016

1



10x ab wheel  
Cost \$5-10 - keep it simple

*Start small and build.*

*Do what you can and do it 5 times a week - you will get better and stronger.*

2



30x weighted trunk twister  
start with 25 lbs. dumbbell

*Consistency is the key.*

*You will get six pack abs - if you see them or not depends on your % of body fat.*

3



10x push up with knee up

*6 minute work-out*

4



1 min plank - can add one arm/  
on leg up

5



1 min x each side plank  
total 2 min

6



30 sec x Reverse plank with each  
leg up - total 1 min.

*The Quality of  
Life is  
Proportional to  
the Striving for  
Excellence*