

MONDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Figure 8's	15 Reps	15 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Scorpion Knee Tucks	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: "X" Man Crunch	15 Reps	15 Reps	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Reverse Corkscrews	15 Reps	15 Reps	Perform 15 to each side
5. TOP DOWN: Jackknifes	60 Sec	60 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Bicycle Crunches	45 Sec	45 Sec	YOUR ABS ARE NOW X-TINCT!

TUESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Heels to the Heavens	15 Reps	15 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Windshield Wipers	15 Reps	15 Reps	Perform 15 to each side
3. MIDRANGE: Cross Hop Planks	45 Sec	45 Sec	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Recliner Elbow to Knee Tucks	30 Sec	30 Sec	Perform until X-tinction!
5. TOP DOWN: Upper Circle Crunches	60 Sec	60 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	30 Sec	30 Sec	YOUR ABS ARE NOW X-TINCT!

WEDNESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Seated Ab Circles	12 Reps	12 Reps	Perform 12 in each direction
2. BOTTOM UP ROTATION: Twisting Pistons	30 Sec	30 Sec	Perform until X-tinction!
3. MIDRANGE: "21" Crunch	12 Reps	12 Reps	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Accordion Crunches	25 Reps	25 Reps	Perform 25 to each side
5. TOP DOWN: Jackknifes	60 Sec	60 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	45 Sec	45 Sec	YOUR ABS ARE NOW X-TINCT!

THURSDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Hands Back Raises	20 Reps	20 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Tuck Planks (opposite side)	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: "X" Man Crunch	15 Reps	15 Reps	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Scissor "V" Ups	45 Sec	45 Sec	Perform until X-tinction!
5. TOP DOWN: Upper Circle Crunches	60 Sec	60 Sec	30 Seconds CW / 30 Seconds CCW
6. TOP DOWN ROTATION: Bicycle Crunches (each side)	30 Reps	30 Reps	YOUR ABS ARE NOW X-TINCT!

FRIDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Heels to the Heavens	15 Reps	15 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Reverse Corkscrews	15 Reps	15 Reps	Perform 15 to each side
3. MIDRANGE: Sidewalk Planks	45 Sec	45 Sec	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Drives	20 Reps	20 Reps	Perform 20 to each side
5. TOP DOWN: Alternating 3 Point Burpees	30 Sec	30 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	30 Sec	30 Sec	YOUR ABS ARE NOW X-TINCT!

MONDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Figure 8's	15 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Scorpion Knee Tucks	60 Sec	45 Sec	Perform until X-tinction!
3. MIDRANGE: "X" Man Crunch	15 Reps	12 Reps	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Reverse Corkscrews	15 Reps	12 Reps	Perform 12 to each side
5. TOP DOWN: Jackknives	60 Sec	45 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Bicycle Crunches	45 Sec	35 Sec	YOUR ABS ARE NOW X-TINCT!

TUESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Heels to the Heavens	15 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Windshield Wipers	15 Reps	10 Reps	Perform 10 to each side
3. MIDRANGE: Cross Hop Planks	45 Sec	35 Sec	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Recliner Elbow to Knee Tucks	30 Sec	20 Sec	Perform until X-tinction!
5. TOP DOWN: Upper Circle Crunches	60 Sec	40 Sec	20 Seconds CW / 20 Seconds CCW
6. TOP DOWN ROTATION: Canoe Crunches	30 Sec	20 Sec	YOUR ABS ARE NOW X-TINCT!

WEDNESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Seated Ab Circles	12 Reps	10 Reps	Perform 10 in each direction
2. BOTTOM UP ROTATION: Twisting Pistons	30 Sec	20 Sec	Perform until X-tinction!
3. MIDRANGE: "21" Crunch	12 Reps	10 Reps	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Accordion Crunches	25 Reps	20 Reps	Perform 20 to each side
5. TOP DOWN: Jackknives	60 Sec	45 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	45 Sec	30 Sec	YOUR ABS ARE NOW X-TINCT!

THURSDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Hands Back Raises	20 Reps	15 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Tuck Planks (opposite side)	60 Sec	45 Sec	Perform until X-tinction!
3. MIDRANGE: "X" Man Crunch	15 Reps	12 Reps	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Scissor "V" Ups	45 Sec	30 Sec	Perform until X-tinction!
5. TOP DOWN: Upper Circle Crunches	60 Sec	40 Sec	20 Seconds CW / 20 Seconds CCW
6. TOP DOWN ROTATION: Bicycle Crunches (each side)	30 Reps	20 Reps	YOUR ABS ARE NOW X-TINCT!

FRIDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Heels to the Heavens	15 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Reverse Corkscrews	15 Reps	12 Reps	Perform 12 to each side
3. MIDRANGE: Sidewalk Planks	45 Sec	30 Sec	REST 45 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Drives	20 Reps	15 Reps	Perform 15 to each side
5. TOP DOWN: Alternating 3 Point Burpees	30 Sec	20 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	30 Sec	20 Sec	YOUR ABS ARE NOW X-TINCT!

MONDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Seated Ab Circles	60 Sec	60 Sec	Perform until X-tinction!
2. BOTTOM UP ROTATION: Figure 8's	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: Recliner Elbow to Knee Tucks	60 Sec	60 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Reverse Corkscrews	60 Sec	60 Sec	Alternate sides throughout
5. TOP DOWN: Jackknives	60 Sec	60 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	60 Sec	60 Sec	YOUR ABS ARE NOW X-TINCT!

TUESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Heels to the Heavens	15 Reps	15 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Windshield Wipers	15 Reps	15 Reps	Perform 15 to each side
3. MIDRANGE: Sidewalk Planks	45 Sec	45 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Upper Circle Crunches	60 Sec	60 Sec	30 Seconds CW / 30 Seconds CCW
5. TOP DOWN: "X" Man Crunch	15 Reps	15 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	45 Sec	45 Sec	YOUR ABS ARE NOW X-TINCT!

WEDNESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Cross Hop Planks	15 Reps	15 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Drunken Mountain Climbers	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: "21" Crunch	12 Reps	12 Reps	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Scissor "V" Ups	45 Sec	45 Sec	Perform until X-tinction!
5. TOP DOWN: Starfish Crunch	12 Reps	12 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Tuck Planks (Opp Side)	45 Sec	45 Sec	YOUR ABS ARE NOW X-TINCT!

THURSDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: One Down Two Ups	45 Sec	45 Sec	Perform until X-tinction!
2. BOTTOM UP ROTATION: Twisting Pistons	30 Sec	30 Sec	Perform until X-tinction!
3. MIDRANGE: Rolling Jackknives	60 Sec	60 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Tuck Drives	15 Reps	15 Reps	Reach X-tinction on one side at a time
5. TOP DOWN: Jackknives	15 Reps	15 Reps	Each rep consists of BOTH sides
6. TOP DOWN ROTATION: Bicycle Crunches (each side)	35 Reps	35 Reps	YOUR ABS ARE NOW X-TINCT!

FRIDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: L-Sit Cage Escapes	12 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Wall Tuck Planks	20 Reps	20 Reps	Perform 20 on each side
3. MIDRANGE: Dueling Clocks	60 Sec	60 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Accordion Crunches	20 Reps	20 Reps	Perform 20 to each side
5. TOP DOWN: Cliffhanger Walk Outs	12 Reps	12 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Starfish Crunches	15 Reps	15 Reps	YOUR ABS ARE NOW X-TINCT!

MONDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Seated Ab Circles	60 Sec	40 Sec	Perform until X-tinction!
2. BOTTOM UP ROTATION: Figure 8's	60 Sec	40 Sec	Perform until X-tinction!
3. MIDRANGE: Recliner Elbow to Knee Tucks	60 Sec	40 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Reverse Corkscrews	60 Sec	40 Sec	Alternate sides throughout
5. TOP DOWN: Jackknifes	60 Sec	40 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	60 Sec	40 Sec	YOUR ABS ARE NOW X-TINCT!

TUESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Heels to the Heavens	15 Reps	10 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Windshield Wipers	15 Reps	10 Reps	Perform 10 to each side
3. MIDRANGE: Sidewalk Planks	45 Sec	30 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Upper Circle Crunches	60 Sec	40 Sec	20 Seconds CW / 20 Seconds CCW
5. TOP DOWN: "X" Man Crunch	15 Reps	10 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	45 Sec	30 Sec	YOUR ABS ARE NOW X-TINCT!

WEDNESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Cross Hop Planks	15 Reps	10 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Drunken Mountain Climbers	60 Sec	40 Sec	Perform until X-tinction!
3. MIDRANGE: "21" Crunch	12 Reps	10 Reps	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Scissor "V" Ups	45 Sec	30 Sec	Perform until X-tinction!
5. TOP DOWN: Starfish Crunch	12 Reps	10 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Tuck Planks (Opp Side)	45 Sec	30 Sec	YOUR ABS ARE NOW X-TINCT!

THURSDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: One Down Two Ups	45 Sec	30 Sec	Perform until X-tinction!
2. BOTTOM UP ROTATION: Twisting Pistons	30 Sec	20 Sec	Perform until X-tinction!
3. MIDRANGE: Rolling Jackknifes	60 Sec	40 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Tuck Drives	15 Reps	10 Reps	Reach X-tinction on one side at a time
5. TOP DOWN: Jackknifes	15 Reps	10 Reps	Each rep consists of BOTH sides
6. TOP DOWN ROTATION: Bicycle Crunches (each side)	35 Reps	25 Reps	YOUR ABS ARE NOW X-TINCT!

FRIDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: L-Sit Cage Escapes	12 Reps	10 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Wall Tuck Planks	20 Reps	15 Reps	Perform 15 on each side
3. MIDRANGE: Dueling Clocks	60 Sec	40 Sec	REST 30 SECONDS AND CONTINUE
4. OBLIQUES: Accordion Crunches	20 Reps	15 Reps	Perform 15 to each side
5. TOP DOWN: Cliffhanger Walk Outs	12 Reps	10 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Starfish Crunches	15 Reps	10 Reps	YOUR ABS ARE NOW X-TINCT!

MONDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Reverse Corkscrew	60 Sec	60 Sec	Perform until X-tinction!
2. BOTTOM UP ROTATION: Twisting Pistons	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: Alternating Single Arm Burpees	60 Sec	60 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Scissor "V" Ups	60 Sec	60 Sec	Perform until X-tinction!
5. TOP DOWN: Jackknives	60 Sec	60 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	60 Sec	60 Sec	YOUR ABS ARE NOW X-TINCT!

TUESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Dueling Clocks	20 Reps	20 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Wall Tuck Planks	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: Mountain Mules	45 Sec	45 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Upper Circle Crunches	60 Sec	60 Sec	30 Seconds CW / 30 Seconds CCW
5. TOP DOWN: "X" Man Crunch	15 Reps	15 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Sprinter Tuck Planks (alt)	60 Sec	60 Sec	YOUR ABS ARE NOW X-TINCT!

WEDNESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: One Down Two Ups	20 Reps	20 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Drunken Mountain Climbers	60 Sec	60 Sec	Perform until X-tinction!
3. MIDRANGE: Alligator Walk Planks	60 Sec	60 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Tuck Drives	15 Reps	15 Reps	Reach X-tinction on one side at a time
5. TOP DOWN: Starfish Crunch	15 Reps	15 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	60 Sec	60 Sec	YOUR ABS ARE NOW X-TINCT!

THURSDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Figure 8's	20 Reps	20 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Twisting Pistons	30 Sec	30 Sec	Perform until X-tinction!
3. MIDRANGE: Alternating Single Arm Burpees	45 Sec	45 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Tuck Drives	15 Reps	15 Reps	Reach X-tinction on one side at a time
5. TOP DOWN: Jackknives	15 Reps	15 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists (alt)	15 Reps	15 Reps	YOUR ABS ARE NOW X-TINCT!

FRIDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Rocky Reverse Crunches	8 Reps	8 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Wall Tuck Planks	45 Sec	45 Sec	Perform until X-tinction!
3. MIDRANGE: Cliffhanger Planks	20 Sec	20 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Reverse Corkscrews	30 Reps	30 Reps	Perform until X-tinction!
5. TOP DOWN: "21" Crunches	12 Reps	12 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	60 Sec	60 Sec	YOUR ABS ARE NOW X-TINCT!

MONDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Reverse Corkscrew	60 Sec	40 Sec	Perform until X-tinction!
2. BOTTOM UP ROTATION: Twisting Pistons	60 Sec	40 Sec	Perform until X-tinction!
3. MIDRANGE: Alternating Single Arm Burpees	60 Sec	40 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Scissor "V" Ups	60 Sec	40 Sec	Perform until X-tinction!
5. TOP DOWN: Jackknives	60 Sec	40 Sec	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	60 Sec	40 Sec	YOUR ABS ARE NOW X-TINCT!

TUESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Dueling Clocks	20 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Wall Tuck Planks	60 Sec	40 Sec	Perform until X-tinction!
3. MIDRANGE: Mountain Mules	45 Sec	30 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Upper Circle Crunches	60 Sec	40 Sec	30 Seconds CW / 30 Seconds CCW
5. TOP DOWN: "X" Man Crunch	15 Reps	8 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Sprinter Tuck Planks (alt)	60 Sec	40 Sec	YOUR ABS ARE NOW X-TINCT!

WEDNESDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: One Down Two Ups	20 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Drunken Mountain Climbers	60 Sec	40 Sec	Perform until X-tinction!
3. MIDRANGE: Alligator Walk Planks	60 Sec	40 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Tuck Drives	15 Reps	8 Reps	Reach X-tinction on one side at a time
5. TOP DOWN: Starfish Crunch	15 Reps	8 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists	60 Sec	40 Sec	YOUR ABS ARE NOW X-TINCT!

THURSDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Figure 8's	20 Reps	12 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Twisting Pistons	30 Sec	20 Sec	Perform until X-tinction!
3. MIDRANGE: Alternating Single Arm Burpees	45 Sec	20 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Side Plank Knee Tuck Drives	15 Reps	8 Reps	Reach X-tinction on one side at a time
5. TOP DOWN: Jackknives	15 Reps	8 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Russian "V" Tuck Twists (alt)	15 Reps	8 Reps	YOUR ABS ARE NOW X-TINCT!

FRIDAY X-TINCTION ABS

EXERCISE	TARGET	X-TINCTION NUMBER	COMMENTS
1. LOWER: Rocky Reverse Crunches	8 Reps	5 Reps	Perform until X-tinction!
2. BOTTOM UP ROTATION: Wall Tuck Planks	45 Sec	30 Sec	Perform until X-tinction!
3. MIDRANGE: Cliffhanger Planks	20 Sec	10 Sec	REST 20 SECONDS AND CONTINUE
4. OBLIQUES: Reverse Corkscrews	30 Reps	20 Reps	Perform until X-tinction!
5. TOP DOWN: "21" Crunches	12 Reps	8 Reps	Perform until X-tinction!
6. TOP DOWN ROTATION: Canoe Crunches	60 Sec	40 Sec	YOUR ABS ARE NOW X-TINCT!