

Manny Pacquiao Abs workout

8 divisions world champion!

Video link: <https://www.youtube.com/watch?v=0JN8Nque1Sc&t=1s>

14 exercises – 50 reps each – total time: 10:45

1. Sit up position, feet up and down (tip toes), with hands over knees (109 reps)
FLUTTER KICKS (0:07)
2. Sit up position, Cross over's (feet over each other) (50 reps) **SCISSORS (0:43)**
3. Sit up position, ½ Leg press, feet off ground (forward) (56 reps) **(1:10)**
4. Lie flat, cross legs and push legs to body (50 reps) **AB PULSES (1:40)**
5. Lie flat, legs vertical, knees slightly bent touch shoe laces – (50 reps) **(2:09)**
VERTICAL TOE TOUCHES
6. Lie flat, crunches to knees – (50 reps) **(2:33)**
7. Lie flat, hand catches to sky (one each side, right and left)– (52 reps) **(3:04)**
8. Lie flat, sit up position, rotate body (keep legs normal), and crunch 'handshake' crunch to right side (20 reps). middle (20 reps) and left side (20 reps) **(3:35)**
9. Lie flat, Abs rotation **CRUNCH CLOCKWISE** towards right (25 reps) and Left (25 reps) **(4:29)**
10. Lie flat, **crunch** elbow to opposite right knee (13 reps), **to left knee (13 reps) (5:25)**
11. Lie flat, heel touches to right (33 reps), **to left (33 reps) HEEL FLICKS (5:49)**
12. Lie on side, side crunches to right (50 reps), to left (51 reps) **(7:00)**
13. Sit up position, feet off floor prayer twist crunch to right (30 reps), to left (30 reps)
RUSSIAN TWIST CRUNCH (9:02)
14. Sit up position, leg press crunch forward, hands behind buttocks (50 reps) **(9:47)**

Written by Muddy, qualified teacher and personal trainer

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