

***PUNISHER II***  
**ABDOMINAL ROUTINE**

1.	mini-crunches	100 reps.
2.	one-legged side crunches	50 ea. side(100)
3.	leg flurries	50 reps.
4.	1/4 crunches	100 reps.
5.	1/3 leg lifts	50 reps.
6.	knee rockbacks	25 reps.
7.	1/3 leg lifts	25 reps.
8.	knee rockbacks	25 reps.
9.	alternating 1/4 crunches	25 ea. side(50)
10.	leg flurries	50 reps.
11.	mini-crunches	100 reps.
12.	one-legged side crunches	25 ea. side(50)
13.	1/4 crunches	50 reps.
14.	mini-crunches	50 reps.
15.	1/4 crunches	50 reps.
16.	bicycling	<u>25 reps.</u>
	total:	900 reps.