

Coach Theo's Diced Up Abs 2.0 [4 Week Program] *[Access video clips of exercises here \(click\)](#)

	Day 1	Day 2	Day 3	Bonus Day 4
Week 1 <u>4 exercises each week:</u> <i>Knee tuck heels to heaven</i> <i>Jack Knife</i> <i>Power Ups</i> <i>Hip Ups</i>	:50/:15 x 3 rds <i>Do each exercise for :50 seconds. Rest for :15. Go through all 4 exercises. Repeat 3 rounds.</i>	15 reps each exercise. 2 rds. <i>Do 15 reps per exercise. Go through all 4 exercises. Complete 2 rds.</i>	:20/:10 straight sets x 4 rds for each exercise. <i>Time yourself for 4 rds straight on the same exercise. :20 on, :10 off. Do this one time through for all 4 exercises.</i>	If you choose a 4th day, pick any routine that you like the most and do it again!
Week 2	:60/:10 x 3 rds.	15 reps each exercise. 3 rds.	:20/:10 straight sets x 5 rds each exercise.	Pick the one you like the most and repeat!
Week 3	Supersets :60/:10 x 3 rds each. <i>Knee Tucks/Jack Knife</i> <i>Power Ups/Hip Ups</i>	18 reps each exercise. 3 rds.	:25/:10 straight sets x 5 rds each exercise.	Pick the one you like the most and repeat!
Week 4	Supersets :60/:10 x 3 rds each. <i>Jack knife/Hip ups</i> <i>Knee tucks/Power Ups</i>	20 reps each exercise. 3 rds.	:25/:10 straight sets x 6 rds each exercise.	Pick the one you like the most and repeat!