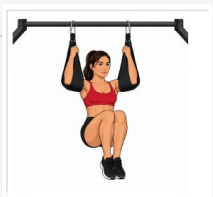
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HANGING AB STRAPS

HANGING AB STRAPS EXERCISE MANUAL

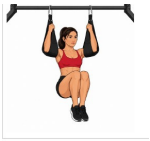
HANG TOUGH. CARVE YOUR CORE. NO GRIP FATIGUE



CONQUER YOUR FITNESS

1. Hanging Knee Raise

3 sets × 12–15 reps

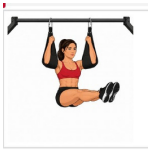


Targets: Lower abs, hip flexors

- Draw knees up toward your chest, tilting the pelvis up at the top.
- Lower slowly — 2 seconds down, no swinging.
- Exhale as you lift; keep ribs down.

2. Hanging Straight Leg Raise

3 sets × 8–12 reps

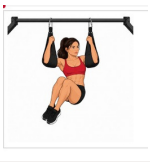


Targets: Full rectus abdominis, hip flexors

- Keep legs straight and lift to at least hip height.
- Curl the pelvis at the top — that's where the abs work hardest.
- Shorten the range rather than swinging if form breaks.

3. Oblique Knee Raise

3 sets × 10–12 reps per side

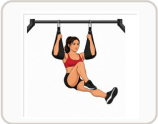


Targets: Obliques

- Raise knees up and toward one elbow.
- Alternate sides or complete one side at a time.
- Keep hips quiet between reps — reset before each lift.

4. Bicycle Kicks (Hanging)

3 sets x 20-30 seconds

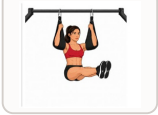


Targets: Abs, hip flexors, endurance

- Pedal your legs smoothly as if riding a bike.
- Keep your torso still; only legs move.
- Breathe rhythmically - don't hold your breath.

5. L-Sit Hold

3 holds x 10-20 seconds



Targets: Abs isometrically, hip flexors, quads

- Raise straight legs to parallel and simply hold.
- Press your arms down into the slings for stability.
- Bend knees to a tucked hold if a full L is too hard yet.

6. Scissor Kicks (Hanging)

3 sets x 15-20 reps

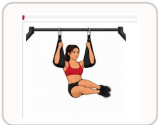


Targets: Lower abs, inner thighs

- Legs at roughly 45 degrees, cross them alternately in small scissors.
- Small, controlled movements - quality over speed.
- Stop the set when your lower back starts to arch.

7. Windshield Wipers (Bent-Knee)

2 sets x 8-10 reps per side



Targets: Obliques, rotational control

- Knees raised to 90 degrees, rotate them side to side.
- Move only as far as you can control the return.
- Advanced: straighten the legs for the full version.

SAMPLE WEEKLY PLAN

Day	Session
Day 1	Knee Raise 3x12-15, Oblique Raise 3x10-12/side, L-Sit 3x10-20s
Day 2	Rest or other training
Day 3	Leg Raise 3x8-12, Scissor Kicks 3x15-20, Bicycle 3x20-30s
Day 4	Rest or other training
Day 5	Windshield Wipers 2x8-10/side, Knee Raise 2xAMRAP, L-Sit 2 holds
Day 6-7	Rest and recover

PRO TIPS

1. Kill the swing: pause completely between reps - momentum steals the work from your abs.
2. Train abs 2-3x per week; they recover fast but still need rest days.
3. Progress from knee raises -> bent-leg raises -> straight-leg raises -> L-sits over time.
4. Abs are built in the gym and revealed by overall nutrition - pair this manual with a sensible diet.

SAFETY FIRST

Safety first: Warm up before every session and progress loads gradually. Stop any exercise that causes sharp pain. This guide is general fitness information, not medical advice - consult a qualified professional if you have an injury or health condition. Inspect your gear before each use and replace it if worn or damaged.