

20-Minutes Triset Abs Workout at the Gym

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You'll do as many as seven rounds in this 20-minute tri-set workout routine.

Each round will have three exercises of 40 seconds each. And after each round, you'll take a one-minute break.

It includes both bodyweight and [weighted abs workouts](#), so you can target your core deeply and build athletic abs.

This tri-set core workout isn't suitable for beginners. It is intermediate level, so if you have been working out for the last six months and more, you can do it.

I've included those [abs exercises](#) that are mostly performed in the gym. So if you work out at home, you can follow the above program.

Okay, so here's the 20-minute core strengthening Tri set workout.

Round 1	Round 2	
Mountain Climbing	Tabletop crunches	
Hanging Knee Raises	Dumbbell Leg Raises	
Dumbbell Side Bend	Swiss Ball Oblique Crunches	
Round 3	Round 4	
Cable Crunches	Weighted Crunches	
Cable Woodchop (High to Low)	Weighted Russian Twist	
Machine Leg Raises	Reverse Cable Crunches	
Round 5	Round 6	Round 7
Knee to Elbow Plank	Ab Wheel Rollout	Weighted Plank

Round 5	Round 6	Round 7
Cable Woodchop (Low to High)	DB Toe Touch Crunch	DB Side Plank (RS)
<u>Decline Crunches</u>	Hanging Side Knee Raise	DB Side Plank (LS)