

30-Minutes Tri Set Gym Training for Powerful Core

Created by [Murshid Akram](#)

Administrator of [The Fitness Phantom](#)

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This 30-minute core exercise is intense, the most effective, and the powerful Triset workout you can do to strengthen and build toned abs.

It is an advanced routine that requires immense strength and stamina to complete efficiently.

In this tri-set ab workout plan, you'll do a total of eight rounds, with three exercises of 40-second each (in each round).

As this plan is longer than the above three, the rest between each round will be two minutes instead of one.

It means each round will be of four minutes except the last one which will be only two minutes.

Okay, so let's see how to do tri-set abs exercises for thirty minutes productively.

Note: Before you start performing the exercises mentioned in this program, gather the essential equipment you'll need so your time can be saved and you can focus only on the training.

Round 1	Round 2	Round 3
Dumbbell Side Bend	Weighted Leg Raises	Cable Reverse Crunch
Hanging Leg Raises	MB Russian Twist	Cable Woodchop (H2L)
Decline Crunches	Cable Crunches	Weighted Floor Crunch
Round 4	Round 5	Round 6
Hanging Knee Raise	Dumbbell Side Bend	V-Ups
Cable Woodchop (L2H)	DB Toe Touch Crunch	Dragon Flag

Round 4	Round 5	Round 6
Hollow Body Crunch	Single-Leg Tuck-Up	Windshield Wiper
Round 7	Round 8	
Ab Wheel Rollout	Weighted Plank	
DB Reverse Crunch	DB Side Plank (RS)	
Cable Crunches	DB Side Plank (LS)	