AB TRAINING SPLIT

Abs are a bittersweet pursuit for many people. Yes, progress can be made, and visible abs are achievable in some contexts, but the truth is abs only become visible at low bodyfat percentages. A low bodyfat percentage is achieved in the kitchen, with a diet that is balanced and tailored to you personally. Very low bodyfat levels are quite dangerous to hold for long periods of time. Women especially can suffer severe consequences for attaining very low bodyfat levels, so make sure you are fully informed and aware of the process you are undertaking. Now, for those who have been on the journey described above already, this ab workout is extensive and will push your core to its limit. It is split across three days to allow your core a full day between sessions to recover. It needs the full day to recover, especially for the first few weeks. If you do not allow for adequate recovery time, you will hamper your progress. A good recovery is lots of rest, food, and sleep.

For this workout you will need:

* **Yoga Mat** for a comfortable place to exercise.

If you do not have any of the equipment check out my Awesome no equipment workout plan.

AB WORKOUT SPLIT

(Three day split e.g., Monday, Wednesday, Friday)

The workout will go as follows.

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| Day 1 – ABS | Abdominal Muscles, Lower Back |
| Day 2 – ABS | Abdominal Muscles, Lower Back |
| Day 3 – ABS | Abdominal Muscles, Lower Back |

DAY 1 – ABS

* Flutter Kicks – 4x10 (Each Leg)
* Hanging Leg Raise – 3x5
* Leg Raised Crunch – 4x10
* Oblique Crunch – 4x10

DAY 2 – ABS

* Orthodox Crunch – 4x10
* Plank – 10x Ten Second Hold
* Side Plank – 10x Ten Second Hold
* Back Raise – 2x10

DAY 3 – ABS

* Russian Twist – 4x10
* Flutter Kicks – 4x10
* Oblique Crunch – 4x10
* Plank – 10x Ten Second Hold

DAY 1

Flutter Kicks 4x10 (Each Leg)

These are my favourite of the ab exercises we will look at. Only because they are the most innovative exercise in my opinion. You lie on your back, placing your arms by your side. Remember to keep both legs together for the initial lift off the floor, then start alternating kicks until both legs have completed ten. Both legs should move at the same time, just in different directions at all times during the set.

Pro Tip: Put your arms out to your sides, making an upside-down V shape. This will help you keep stable while you perform the exercise. Your form will get better with time.

Variation: The only real way to make this exercise variation harder is to strap something to your leg to increase the weight and therefore the resistance. There are ankle weights available to purchase or you could use household things and tie them to your leg. We accept no liability for not tying your object to your let securely enough.

Hanging Leg Raise 3x5

This is an optional extra if you have the equipment for it. You would need a pull up bar, or a very strong supporting beam (emphasis on STRONG). You hang off an elevated platform, just enough so your feet are off the ground. Then you raise your knees up towards your middle and lower them back down to complete a repetition. These are only limited to five reps because they are the most intense and the exercise where gravity will be most affecting you while you do it.

Pro Tip: This exercise can be customised to work your obliques too, you would have to do a side-to-side motion during the rep, however this is very intense too, so only people with a strong core already should attempt this.

Variation: If you wish to make this exercise harder for yourself, or if you simply do not have a pullup bar, this exercise can be modified. You need to lie on the floor, facing upwards. Keep your feet together and slowly raise your legs a few inches off the floor and no more. Hold for 10 seconds, 10 times.

Leg-Raised Crunch 4x10

This is something a bit more intense than the previous ab exercise, targeting all the lower abdominals. The lower abdominals tend to be the hardest to target individually, and they are used the least in compound exercises. Lie on your back with knees together and bent, put your feet flat on the ground and shoulder-width apart. Pull your knees into your chest until your buttocks come off the floor slightly.

Pro Tip: Do not do this exercise too quickly, otherwise the risk of you headbutting your own knee increased tenfold. Take your time with the exercise.

Variation: This exercise can also be done with a straight-leg variation, you lie flat and lift your legs up together from a prone position. This is a more advanced technique and should be used if you feel the one described above is not sufficient for you.

Oblique Crunch 4x10

This is the exercise for the striations on the sides of your stomach if you care about that. For this exercise you lie prone on your back. Make sure your feet are flat on the floor, hip-width apart. Then you roll your knees across your body and try to touch the floor, (go as close as you can to the floor). Then curl upwards your centre until your shoulders lift off the floor. Flex your core muscles at this point of the movement.

Pro Tip: Make sure not to tuck your head in as you do the exercise. This can result in incorrect form and even injury because of the pressure you are placing on your vertebrae.

Variation: This is a tough exercise to customise due to its nature. The only way to take this to the next level would be to hold a weight to your chest to increase the resistance.

DAY 2

Standard Crunch 4x10

This is the closest to what most people do at home, so I am sure many of you are aware of this exercise. You must lie flat on your back, knees bent and space your feet slightly apart on the floor. Place your hands on your thighs or put them across your chest. Slowly curl towards your legs as far as you can go, then slowly descend back to your original position.

Pro Tip: It is super important not to jolt your head off the floor at the beginning of this movement. Your head needs to remain in-line with the rest of your body.

Variation: Hold a light weight out above your head, with your arms extended above your head. This will incorporate gravity into your resistance training. If holding a weight seems too much, start with just your hands above your head.

Plank 10x10seconds

This is the most famous ab exercise, at least as far as the mainstream idea of fitness is concerned. You must lie on your front, propped up on your forearms and knees, making sure to keep your legs straight and your hips in line. Your body should stay straight, no dipping your backside or your shoulders when it gets hard. You do it right or not at all. Try to contract your abs as much as possible for the ten seconds.

Pro Tip: Do not dip your lower back to make the exercise easier, this will result in bad form. Make sure you stay looking straight at the floor otherwise you can lose your balance.

Variation: The variation for this would be to do the standard version of the plank, wherein you position the same as listed above, just on your feet instead of your knees. This forces more of your body to be suspended off the floor.

Side Plank 10x10seconds

I recommend leaning on a cushion or a mat for this exercise, just because leaning on your elbow on a hard floor will be very uncomfortable. You have to lie down on your side, then prop yourself up on your elbow, which should be in-line with your shoulders. Straighten your hips to keep in-line with the rest of your body and prop yourself up on your knees. Keep your neck extended and shoulders down and away from your ears. Hold position.

Pro Tip: Flex your core while in position, it just helps keep you rigid and helps the correct muscles engage. Once you lose your structure, stop the set, and reset.

Variation: This will be the same variation as the standard plank, to make this harder, prop yourself up on your feel instead of your knees. This increases the weight your body has to support.

Back Raise 2x20

This exercise is included to work many of the supporting muscles directly. Lie down on your chest and place your hands on your head. Keeping your feet together and on the ground (toes touching), lift your chest off the floor until you feel your lower back activate. Again, it is probably recommended that you have a mat on the floor to make this more comfortable on your joints. This is a balancing exercise more than anything, just to work the muscle groups in the reverse order.

Pro Tip: Have a pillow or blanket under your head. Once this gets tough, you will be returning to the floor quicker than you are used to, this increases the risk of face-planting the floor.

Variation: To make this exercise harder, you will need to weight your ankles like in one of the previous exercises. Either buy some ankle weights of attach something to your ankles to increase resistance.

DAY 3

Russian Twist 4x10

This is ever slightly similar to the oblique crunch, but it is a fun exercise variation. You have to sit upright with your knees bent and your feet flat on the floor. Hold a medicine ball or a weighted object in your hands, then turn side-to-side, shifting the weight from one side to the other. It is important that the weight moves across your body, this forces your core to twist and contract.

Top Tip: Do not overwork or overstretch on the side-to-side movement. If the weight is thrown too aggressively, it can cause overextension and cause you injury.

Variation: To continue making this exercise harder, you will want to keep track of and increase the weight you are using for the exercise. This method of making the exercises harder is really limitless in terms of how much you can do.

Flutter Kicks 4x10 (Each Leg)

See DAY 1, this exercise is already explained!

Plank 10x10seconds

See DAY 2, this exercise is already explained!

Oblique Crunch 4x10

See DAY 1, this exercise is already explained!