

-ABS V.3



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VOLUME 3



6PACK ABS

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THE ABDOMINALS

What Exactly Are "Abs"?

Everyone wants Abs but almost nobody knows how to get them.

When it comes to getting a nice 6-pack, everyone becomes so confused on what works and what doesn't.

So, what is this confusion? It's that everyone wants abs, but no one knows what Abs really are!

The Abdominals (or also known as Abs, trunk, core, torso, or 6-pack) are a set of muscles that surround our spine, keep our pelvis aligned, allowing for the movement of our upper and lower body. They provide the structure for our limbs like our arms and legs to move off.

Over half the muscles in our body stem from our abdominal region, but to make things very easy to understand, we can separate our ab muscles into two basic categories:

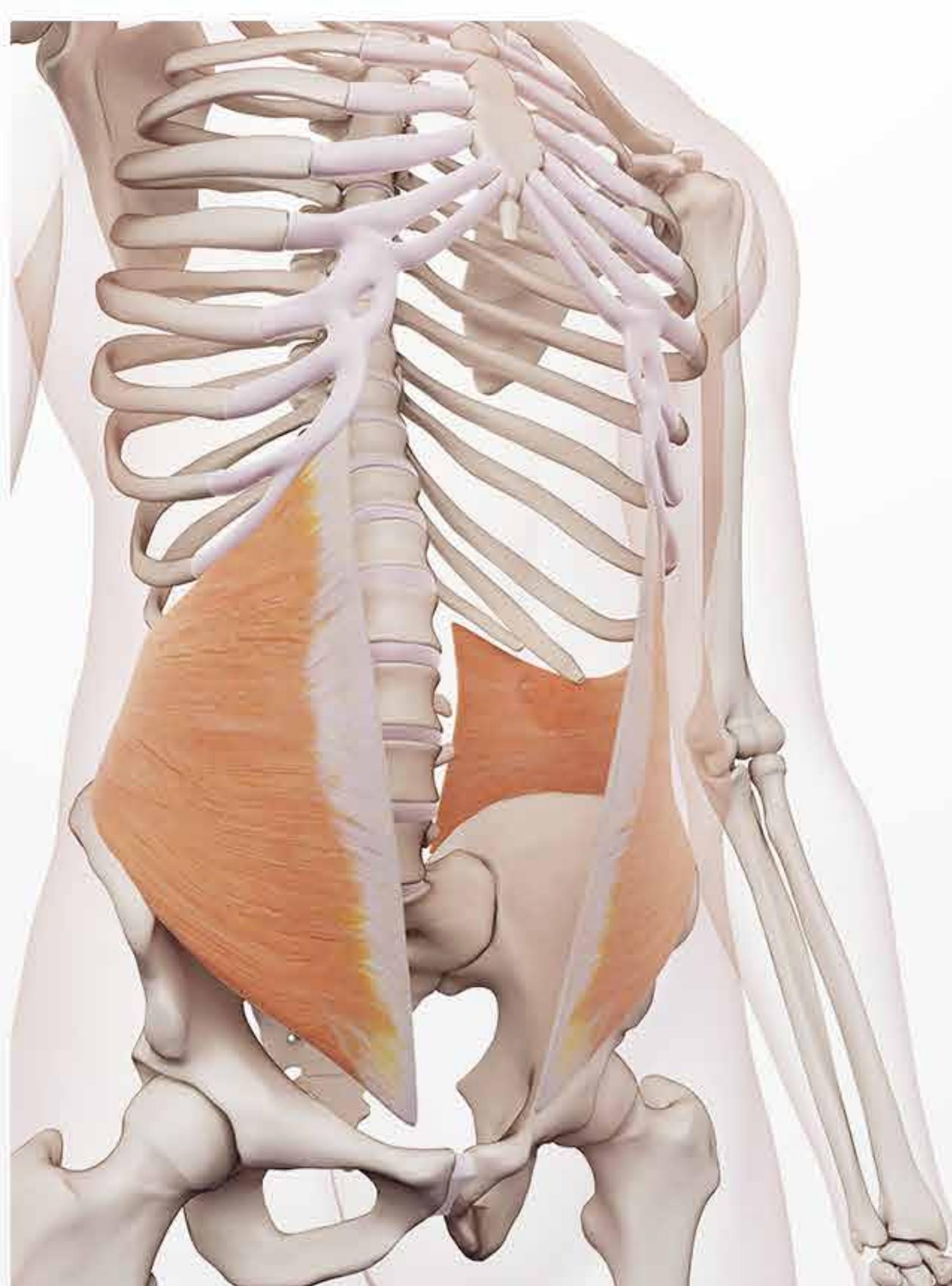


THE ABDOMINALS

The Inner Core Muscles

The inner core muscles are known as our stabilization muscles. These muscles act in a way to maintain our spine in a neutral position and keep our pelvis in proper alignment. They help our body keep its natural spinal "S Curve." The Inner Core Muscles consist of the:

1. Transverse Abdominus
2. Internal Obliques
3. Multifidus
4. Deep Erector Spinae



ABS

THE ABDOMINALS

Outer Core Muscles

Our outer core muscles are known as our "movement muscles." These muscles are located towards the outside of our bodies and focus on moving our core forward, backward, sideways, and rotationally. The outer core muscles consist of the:

1. Rectus Abdominus (6-pack muscle)
2. External Oblique
3. Superficial Erector Spinae
4. Quadratus Lumborum



There are many more muscles that exist in the torso region, but these are the major muscles that we will target when we train the abs.

To make REAL progress on our abs, we must address ALL of these muscles!

WHY YOU HAVEN'T GOTTON ABS

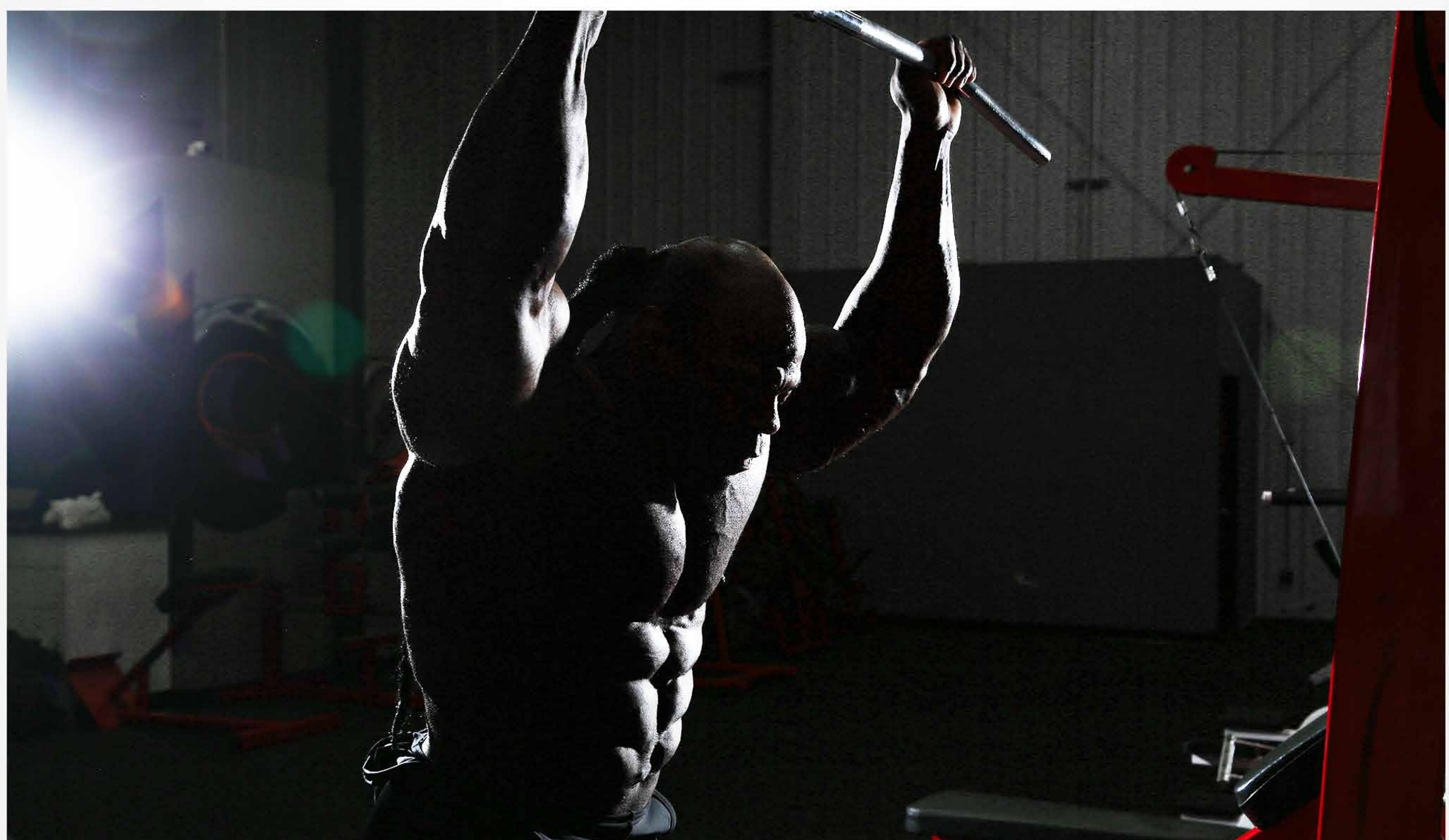
A GOOD SET OF ABS ARE HARD TO GET...

A nice set of abs don't show up overnight. A lean, strong set of abs comes from weeks, months, and sometimes even years of proper training, nutrition, and lifestyle principles that we must incorporate as a part of our philosophy.

I see so many people make the mistake of going to the gym to only focus on cardio and abs. I'll be the first to tell you, this is not how you get abs!

To develop a strong core, we must be dedicated to training and sculpting our **WHOLE** body and properly fueling it with the right nutrients.

Fueling our bodies with the right nutrients is so important because proper calories and macronutrients are what helps us lose those extra few pounds of body fat that cover up those hard to see abs muscles. But when our body fat is low, those lean, **CHISELED LINES** make our abs really pop out!



ABS

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READING YOUR WORKOUTS

You will notice the use of 1a, 1b, 1c, 2a, 2b, 2c, etc. in your workout program. If you're not familiar with this programming it simply describes the exercise order. The number describes the exercise group while the letter describes the exercises that fall into that group.

For example, 1a, 1b, and 1c would be 3 different exercises within the SAME group, meaning they are performed back to back (superset) without rest. After you've performed the 2 or 3 exercises without rest you take the prescribed rest period listed out and then repeat.

In contrast, 1 and 2 alone would mean they are completely separate exercises. In this instance you would perform all your sets for 1 then move onto 2.

Here is an example:

- 1A. Side Plank on Knee – 20 seconds
 - 1B. Russian Twists with Medball – 20 reps each side
 - 1C. Med Ball Leg Raise (put medball between feet) – 15 reps total
- REST 45 seconds & REPEAT x 4-

In this example you would be pairing the exercises together back to back. To do this, you would complete your first set of side planks on your knees for 20 seconds, then immediately go into Russian Twists with the Medball for 20 reps on each side, and then immediately after, you would perform Med Ball Leg Raises for 15 reps (5-15 seconds is acceptable in between exercises to physically move around the gym and prepare for the second and third exercises). After you performed ALL THREE exercises you would take the prescribed rest period, which is 45 seconds, and then repeat the pair for 3 more sets.

Then you would move onto your next grouping of exercises.

LET'S GET STARTED

Common Abbreviations

DB = Dumbbell

MB = Medicine Ball / Med Ball

BB = Barbell

KB = Kettlebell

RB = Resistance Bands

Where To Find Your Workouts

Along with your purchase you will receive 6 different ab programs.

For your convenience my team and I have separated this "Ab Training Manual" from the training plans. Along with your files, you can download your Ab Programs based on which program is best for you.

So how do you know which program is right for you?

Start off by asking yourself these questions...

- What is my experience level?

Beginner – Less than six months of training experience

Intermediate – 6 to 9 months of training experience

Advanced – 9+ months of training experience

AB TRAINING TIPS

Before you jump right in to your new training program, here are some tips to get you started:

1. Execute your workouts with perfect form – Every exercise will work a specific muscle group that I mentioned above. Even if you don't "feel the burn" that doesn't mean you won't be working your abs.
2. As soon as you are comfortable with your form, increase the weights so they match the reps I lay out in your program below. Aim to increase the weights you lift by ~10% when you can successfully hit your rep range.
3. Find the workout that's right for you – Whether you are a beginner or advanced, every man or woman has their starting point on their journey to abs. This is why I have included 6 different versions of your ab program for you to pick from. I've made options for you to do your workouts at the gym or at home, based on what you have available. For each location of workouts, you then have access to beginner, intermediate, or advanced ab programs. It's up to you to pick the workout that's right for you – challenge yourself!!

AB TRAINING TIPS

4. Perform Your Abs At The Beginning Of The Workout – If you're doing training other than Abs (which I highly recommend) (for example – glutes, arms, back, etc.) make sure to hit your abs before your workout. Doing these first helps warm-up all the important muscles that are key to performing your other lifts with flawless form. These exercises help activate your core. Plus, doing your abs first will help you get your sweat on!
5. Have fun! Training your body is a perfect time to help you reduce stress, blow off steam! Remember this, if you can't have fun while you are working out, you are never going to be able to stick with it forever – so make sure to smile, dig deep, and have fun while you do your workouts. Yes, your workouts may be hard work, but you have to sweat now and reap the rewards later!



AB TRAINING TIPS

DAY 1: Abs – Beginner (Repeat 3 Times)

- 1A. Plank
- 1B. Leg Raise on Decline Bench
- 1C. Swissball Crunch
- 2A. Alternating Deadbug holding Swiss ball
- 2B. Plank on Swissball
- 2C. Mountain Climbers

ALL EXCERISES ARE 45 SECONDS
(HOLD OR MAX REPS WITHIN
THAT TIME) UNLESS STATED...

DAY 2: Abs – Beginner (Repeat 3 Times)

- 1A. Side Plank on Knee
- 1B. Russian Twists with Medball
- 1C. Med Ball Leg Raise (put medball between feet)
- 2A. Dumbbell Side Bends
- 2B. Reverse Crunch
- 2C. Full Sit Ups with feet under weights

DAY 3: Abs – Beginner (Repeat 3 Times)

- 1A. Glute Bridge with medball on lap 3 sec hold
- 1B. Toes to Ball (lay on back, hold med ball straight up with hands, bring toes to ball)
- 1C. Russian Twists
- 2A. Standing Cable Rotation (Low to High)
- 2B. Rope Crunch
- 2C. Twist Mountain Climbers

AB TRAINING TIPS

DAY 1: Abs – Intermediate (Repeat 3 Times)

- 1A. Plank on swissball then “stir the pot”
- 1B. Opposite Arm to Foot V-Up on Swiss ball
- 1C. Medicine Ball Leg Raise
- 1A. High Plank with Alternating Leg Raise
- 1B. Hanging Leg Raise
- 1C. V-Up on on Weight Bench (use bench for support)

ALL EXCERISES ARE 45 SECONDS
(HOLD OR MAX REPS WITHIN
THAT TIME) UNLESS STATED...

DAY 2: Abs – Intermediate (Repeat 3 Times)

- 1A. High Side Plank with Dumbbell Reach— Right Side
- 1B. High Side Plank with Dumbbell Reach – Left Side
- 1C. V-Up Isometric Holds
- 1E. Windshield Wipers
- 2A. Oblique Crunches on Hyper Extension - Right
- 2B. Oblique Crunches on Hyper Extension – Left
- 2C. Hyperextension Situp
- 2D. Hyperextensions

AB TRAINING TIPS

DAY 3: Abs – Intermediate (Repeat 3 Times)

- 1A. Single Leg Glute Bridge on BOSU ball
- 1B. Crunches on BOSU Ball
- 1C. High Plank with Leg Raise on BOSU (ball side down)
- 1D. Mountain Climbers on BOSU
- 2A. Cable Crunch – Kneeling
- 2B. High to Low Cable Chops
- 2C. Ab Roller
- 2D. Cable Crunch - Standing

DAY 4: Abs – Intermediate (Repeat 3 Times)

- 1A. Hanging Leg Crunch
- 1B. Hanging Oblique Crunch – Right Side
- 1C. Hanging Oblique Crunch – Left Side
- 1D. Bicycle Crunch with bands around ankles
- 2A. Dumbbell Russian Twist
- 2B. Flutter Kicks holding dumbbell high
- 2C. Scissor Kicks holding dumbbell high
- 2D. Standing Cable Oblique Crunch Bends – Right
- 2E. Standing Cable Oblique Crunch Bends – Left

ALL EXCERISES ARE 45 SECONDS
(HOLD OR MAX REPS WITHIN
THAT TIME) UNLESS STATED...

AB TRAINING TIPS

DAY 1: Abs – Advanced (Repeat 4 Times)

- 1A. Decline Weighted Sit-Ups
- 1B. Hanging Leg Raises with band attached to Dumbbell
- 1C. Kneeling Ab Crunch with Band attached to Pullup Bar
- 1D. Push-Up with Spider Crunch
- 2A. Reverse Crunch to Candle Stick to Lower
- 2B. Crunch on Bench with Dumbbell between Feet
- 3A. Plank – 60sec
- 3B. Bicycle Crunch – 60 total
- 3C. Plank – 50 sec
- 3D. Bicycle Crunch – 50 total
- 3E. Plank 40 sec
- 3F. Bicycle Crunch – 40 total

ALL EXCERISES ARE 45 SECONDS
(HOLD OR MAX REPS WITHIN
THAT TIME) UNLESS STATED...

DAY 2: Abs – Intermediate (Repeat 4 Times)

- 1A. Cable Mid Position Ab Rotation – Right
- 1B. Cable Mid Position Ab Rotation- Left
- 1C. 3-Way Ab Roller
- 1D. Kettlebell Oblique Crunch
- 2A. SwissBall Pike
- 2B. SwissBall Knee Tucks
- 2C. Swiss ball 1 leg knee tucks – left
- 2D. Swiss ball 1 leg knee tucks – right

AB TRAINING TIPS

DAY 3: Abs – Advanced (Repeat 4 Times)

- 1A. Med Ball V-Sit Hold with Press
- 1B. Med Ball V-Sit Hold with Flutter Kicks
- 1C. Med Ball Cross Body Mountain Climber with pushup (pushup every 6)
- 2A. TRX Knee Tucks
- 2B. TRX Ab Oblique Crunch – Right
- 2B. TRX Ab Oblique Crunch – Left
- 2C. TRX Elbow Plank Saws
- 2D. TRX Mountain Climbers

ALL EXCERISES ARE 45 SECONDS
(HOLD OR MAX REPS WITHIN
THAT TIME) UNLESS STATED...

DAY 4: Abs – Intermediate (Repeat 4 Times)

- 1A. Swiss Ball + Bosu Ball Pikes
- 1B. Time Under Tension (T.U.T.) declined leg raises
- 1C. Declined Banded Bicycle Crunch
- 1D. Bosu Ball Ab Rollers
- 2A. High Side Plank on BOSU Ball with band 1 Arm Row) – right
- 2B. High Side Plank on BOSU Ball with band 1 Arm Row) – Left
- 2C. Oblique Crunch - Right
- 2D. Oblique Crunch – Left
- 2E. Reverse Plank with Alternating Leg Raise

AB TRAINING TIPS

DAY 5: Abs – Advanced (Repeat 4 Times)

- 1A. Weighted Hyperextension or GH Side Bends – Left
- 1B. Weighted Hyperextension or GH Side Bends – Right
- 1C. Weighted Hyperextension or GH Sit-Ups
- 1D. Weighted Hyperextension or GH Back Extension
- 2A. Dumbbell Renegade Row
- 2B. Dumbbell Oblique Crunch
- 2C. Barbell Rollouts
- 2D. Low to High Core Twist with Band – Left
- 2E. Sprint in Place

ALL EXERCISES ARE 45 SECONDS
(HOLD OR MAX REPS WITHIN
THAT TIME) UNLESS STATED...

Frequently Asked Questions

Q: Do I have to go to the gym?

A: No, if you don't have access to a gym, you can do your ab programs from your own home and still get results

Q: What if my gym doesn't have all the equipment the program is telling me to use?

A: If your gym is limited in the equipment and you can't complete all the exercises, try to find the most comparable piece of equipment at your gym, do the exercise as a body weight exercise, or for your last resort, substitute another exercise that is most similar.

Q: Should I do abs at the beginning or end of my workouts?

A: Always start your workouts with your ab program. Since this program is about helping you improve your midsection, you should start off with this body part. Also, another benefit of starting with your core helps your muscles stabilize and activate so that later on during your workouts, your core is ready for more intense lifts.

AB TRAINING TIPS

Frequently Asked Questions

Q; How long does this program last for?

A: 4-6 weeks.

Q: What if the Ab program is too challenging/too easy for me?

A: If you find that the workout you select is too challenging for you, simply move to an easier or more advanced version of the workout. Another way to make your workouts more challenging is to add more weight to each of your exercises (i.e. increase the dumbbell for dumbbell side bend or increase the size of the medicine ball).

Q: What if I want to do the Advanced Ab program but can't commit to 5 days per week of Abs?

A: I recommend that you pick a plan that you know you will be able to commit to before diving into a plan that is unrealistic for your schedule. If you are advanced and can only commit to abs 4x per week (the advanced program is 5 days per week), then roll the day over into the next week for you to complete. This will lengthen the time of the program.

Q: What if I miss day? Should I make it up?

A: Try your hardest not to miss a day, but if you do, you can make that day up by inserting it into your off day or performing two-a-days.

