



*A streamlined approach for  
getting lean and strong—fast*

*By Ben Bruno, with Sean Hyson, C.S.C.S.*

# INTRODUCTION

8

Screw the six-pack. Naturally skinny guys and models who starve themselves can get that kind of definition without even trying. **Eight-pack abs—where you’re so lean and ripped that you can see muscle below your belly button**—signal that you take health and fitness seriously, as they can only come with dedication and consistent hard work.

**But that doesn’t mean they can’t come quickly, if you’re eating right and training smart.**

You probably know that the formula for a lean, muscular body lies in a combination of weight training and cardio, but most programs don’t mesh them in the best possible way. They also don’t take into account your busy life, which may not allow for long lifting sessions on top of high-intensity interval training or fasted morning cardio. Luckily, the fastest path to a great physique isn’t to perform lifting and cardio as separate entities, but to meld them together, so you build muscle and burn fat in one highly efficient effort.

That’s what our program does, and it does it so well that you’ll see results in eight weeks while performing only three workouts per week. We won’t kid you: if you’re very overweight or are new to training, we can’t promise it will give you razor sharp, beach-ready abs in that time span, but it will get you closer than anything else you could try—and, more importantly, it will teach you how to train to keep getting leaner and stronger for the rest of your life.

**The 8-Week 8-Pack Plan is the same kind of transformation program celebrities use to prepare for shirtless scenes in movies,** and pro athletes rely on to get ready for a long season. Commit to it, and you’ll have a body that can stand alongside theirs.

## THE KILLER COMBINATION

The secret ingredient for rapid fat loss and muscle gain at the same time is the triset—a group of three exercises done in sequence that work multiple muscle groups, or even the whole body. Trisets may group a lower-body exercise, upper-body exercise, and core movement (such as a goblet squat, band pull-apart, and ab wheel rollout), or a lower-body exercise, pulling movement, and pushing movement (such as a trap bar deadlift, chinup, and bench press). You do the first exercise, rest briefly, then the second, rest, the third, rest, and repeat the whole sequence.

Training different areas in succession makes your heart work hard to shuttle blood to all the different muscles that need it. That builds conditioning while increasing the number of calories burned. In effect, you get your cardio while you’re weight training, which, of course, also saves time. Think of the way most people train. They might do three sets of bench presses, then three sets of chinups, and three sets of squats—resting 90 seconds between all sets. In a triset, because one muscle group gets to rest while you work the next one, the rest periods in between exercises can be much shorter. So you can do one set of bench presses, chinups, and squats resting only 60 seconds in between. You’ll get the same amount of work done in less time, and you’ll feel fresh and strong on each set, giving your muscles the maximum stimulus to grow.

Need proof that trisets work? A trial in *The Journal of Strength and Conditioning Research* compared training with conventional straight sets to using groups of exercises for different muscle areas. When the subjects worked out one area and then another, as opposed to staying with the same body part until all sets were completed, they burned significantly more calories in the same amount of workout time—and in the hour that followed the training session. The researchers concluded: “Incorporating this method of resistance exercise may benefit exercisers attempting to increase energy expenditure... with limited exercise time available.”

## INTRODUCING THE LANDMINE

Another feature of the workouts in this program is the landmine—a piece of equipment that usually looks like home base with a metal sleeve fixed to the center of it. The sleeve swivels, and when you slide one end of a barbell into it, it transforms the bar into a long lever you can use to do all the classic muscle-building exercises with an unconventional twist. (If you don’t have a landmine unit, wedging the bar into a corner will work as well.)

Using a landmine makes all your lifts travel on an arc. When you press, for instance, the bar won’t go directly overhead as it does with a traditional military press, but at a 45-degree angle. The same goes for when you squat and row. The effect is much easier on your joints than doing standard barbell lifts, and makes the form easier to master. At the same time, landmine exercises aren’t any less challenging to your muscles. Unlike with machines, landmine training promotes functional and athletic gains. You’ll probably find that you can train in greater ranges of motion than you’re used to, and your core will fire harder.

## OPTIMIZED AB TRAINING

You may be surprised by how little direct core work you need to do to make your abs pop. We’ve included some brutally effective core moves, such as the ab-wheel rollout, reverse crunch, and hanging leg raise, but you’ll find that your core muscles fire hard with most of the other exercises that focus on other body parts entirely. In addition to the landmine work, you’ll do many unilateral exercises that you probably haven’t tried before, such as the one-arm lateral raise, one-arm bench press, and alternating overhead press. They’ll challenge your stability while you blast away at your shoulders and chest, giving you extra ab training without even noticing it (that is, until the next morning when you’re sore).

## A WORD ABOUT NUTRITION

You can’t get abs just by training hard. If you’re eating pizza and drinking beer daily, no workout will get you lean. So it’s pivotal that you start eating better while using this program. The so-called “best” fat-loss diet is highly individual, so we won’t prescribe one here. But whether you choose to eat like a bodybuilder or reduce your carb intake, know that the healthiest and most sustainable approach is to eat natural, whole foods, and cut calories gradually. Below are some resources to help you decide which diet is best for you.

<https://www.onnit.com/academy/the-ketogenic-diet-for-weight-loss-energy-and-better-health/>

<https://www.onnit.com/academy/summer-abs/>

<https://www.onnit.com/academy/the-caveman-diet-explained/>

## SUPPLEMENTS

You don't have to supplement to see great results on any program, but you may find that the following help support your diet, and heighten the gains you can make in eight weeks. Click on the links below to receive 10% off the following Onnit products!

### TOTAL STRENGTH + PERFORMANCE

A stimulant-free preworkout formula, Total Strength + Performance was clinically studied at Florida State University. Subjects who used it for four weeks increased their one-rep maxes on several lifts, including an average of nearly 14 pounds gained on the bench press.<sup>†</sup>

### CREATINE MONOHYDRATE

It's one of the most popular sports supplements in history for a reason: creatine helps you in every aspect of resistance training. It has been shown to help boost volume and overall strength by refueling your muscles with the energy they need for strong contractions.<sup>†</sup>

### WHEY PROTEIN ISOLATE

Most sports nutritionists recommend a protein intake of around 1 gram per pound of bodyweight daily to maximize muscle gains. Whey protein helps you hit that number. It also contains leucine, a branched-chain amino acid that signals muscle growth. Onnit's grass-fed whey isolate offers the purest form of whey protein, having had all the sugar and fat filtered out.<sup>†</sup>



<https://www.onnit.com/whey-protein/>

<https://www.onnit.com/creatin/>

<https://www.onnit.com/total-strength-plus-performance/>

# DIRECTIONS

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The program runs for eight weeks and is divided into two, four-week phases. Both phases feature three different workouts you'll do once per week on non-consecutive days. For example, you can do Workout 1 on Monday, Workout 2 on Wednesday, and Workout 3 on Friday. Repeat the workouts in Phase I for four weeks, and then do the same for Phase II. The second phase builds on the progress you make in the first one, so don't be intimidated if the Phase II exercises look hard to you now. By the time you get to that point in the program, you'll be ready for them.

The exercises are grouped as either alternating sets (two moves in a row, marked A and B) or trisets (three moves in a row, marked A, B, and C). For the alternating sets, you'll do one set of A, rest 60 seconds, and then one set of B, rest again, and repeat for all the prescribed sets. For the trisets, you'll do one set of A, rest 60 seconds, then B, rest again, then C, rest up to two minutes, and repeat the order (except where otherwise noted).

Choose the heaviest weight that allows you to complete all the prescribed repetitions for each set with good form. It's OK to adjust the weight between sets (lighter or heavier) as needed.

# PHASE 1

## WORKOUT 1

### **1A - Trap-Bar Deadlift Sets: 4 Reps: 10 Rest: 60sec.**



Use a trap bar and stand inside it with feet hip-width apart. Draw your shoulder blades together and downward—think “proud chest.” Bend your hips back, as if trying to touch your butt to the wall behind you. Your head, spine, and pelvis should form a straight line.

Grasp the high handles of the trap bar and take a deep breath into your belly. Make sure your shoulders are pulled back and down again, and brace your core. Begin to push your heels into the floor to lift the bar off the floor. Come up until your hips are locked out and you’re standing tall.

### **1B - Chinup or Lat Pulldown**

### **Sets: 4 Reps: Max Rest: 60sec.**



Hang from a chinup bar with hands shoulder-width apart and palms facing you. Pull your body up until your chin is over the bar. If that’s too hard, use a lat-pulldown station and perform sets of 8–15 reps.

### **1C - One-Arm Dumbbell Bench Press**

### **Sets: 4 Reps: 8 (each side) Rest: 60-120sec.**



Lie back on a flat bench with a dumbbell in one hand at shoulder level. Brace your core to prevent any twisting or loss of balance, and press the weight over your chest. You may extend your opposite arm out to the side and make a fist to help you keep balance. Complete your reps on one side and then repeat on the other immediately.

## **2A - Goblet Squat Sets: 3 Reps: 10 Rest: 60sec.**

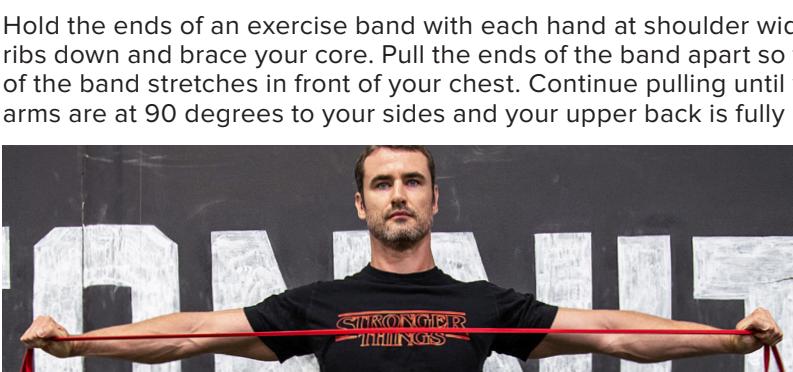


Hold a kettlebell by its horns, or a dumbbell by one end under your chin. Stand with feet shoulder-width apart and toes turned slightly outward. Try to pull your elbows in as tightly as you can so your forearms are vertical.

Twist your feet into the floor—imagine you’re standing on grass and you’re trying to twist it up underneath you. Don’t let your feet change position, but let the twisting action activate your hips. You should feel your glutes tighten.

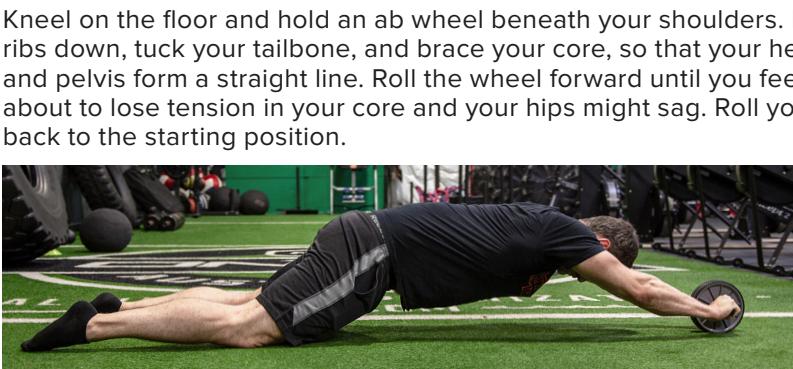
Take a deep breath, brace your core, and lower your body into a squat. Go as low as you can while keeping your head, spine, and pelvis in a straight line. Keep the tension in your hips and push your knees apart as you sink down. Extend your hips and continue driving your knees out to stand back up.

## **2B - Band Pull-Apart Sets: 3 Reps: 20 Rest: 60sec.**



Hold the ends of an exercise band with each hand at shoulder width. Pull your ribs down and brace your core. Pull the ends of the band apart so that the middle of the band stretches in front of your chest. Continue pulling until your upper arms are at 90 degrees to your sides and your upper back is fully contracted.

## **2C - Ab Wheel Rollout Sets: 3 Reps: 12 Rest: 60-120sec.**



Kneel on the floor and hold an ab wheel beneath your shoulders. Draw your ribs down, tuck your tailbone, and brace your core, so that your head, spine, and pelvis form a straight line. Roll the wheel forward until you feel you’re about to lose tension in your core and your hips might sag. Roll yourself back to the starting position.

**3A - Lateral Raise Sets: 3 Reps: 15 Rest: 60sec.**

Stand holding a dumbbell in each hand by your side, palms facing in. Bend your hips back a few degrees so your shoulders are in front of them. Brace your core and raise your arms out to your sides 90 degrees. Don't swing your body or use momentum.

**3B - Hammer Curl Sets: 3 Reps: 10 Rest: 60sec.**

Stand holding a dumbbell in each hand by your side, palms facing in. Without moving your upper arms, curl the weights up until your biceps are fully contracted.

# PHASE 1

## WORKOUT 2

### 1A - Goblet Bulgarian Split Squat

Sets: 4 Reps: 8 (each leg) Rest: 60sec.



Hold a kettlebell or dumbbell as described in the goblet squat in Workout 1. Stand lunge-length in front of a bench. Reach back with one leg and rest the top of that foot on the bench. Take a deep breath, brace your core, and lower your body as far as you can (you should feel a stretch in the hip of the trailing leg). Keep your front heel grounded—don't allow it to rise off the floor. Complete your reps on one side and then repeat on the other immediately.

### 1B - Dumbbell Alternating Overhead Press

Sets: 4 Reps: 8 (each side) Rest: 60sec.



Stand with feet shoulder-width apart holding a dumbbell in each hand. Clean the dumbbells to shoulder level using momentum from your hips. Draw your ribs down and tuck your tailbone so your pelvis is parallel to the floor—brace your core.

Press one dumbbell straight overhead, and then lower it back to your shoulder. Press the other weight up. Avoid arching your back or twisting to either side. Complete your reps on one side and then repeat on the other immediately.

### 1C - One-Arm Dumbbell Row

Sets: 4 Reps: 12 (each side) Rest: 60-120sec.



Grasp a dumbbell in one hand and rest your opposite hand and knee on a bench for support. Keep a long spine from your head to your pelvis and square your shoulders to the floor.

Row the dumbbell to your hip, drawing your shoulder back and downward as you pull. Your elbow should not rise higher than your back. Lower your arm under control. Complete your reps on one side and then repeat on the other immediately.

## **2A - Landmine Single-Leg RDL Sets: 3 Reps: 8 Rest: 60sec.**



Insert one end of a barbell into the sleeve of a landmine unit (or wedge it into the corner of a wall). Stand behind the bar and grasp the very end of the bar with your hand right in front of your leg. Pick up the bar so it's just in front of your hips. Draw your shoulders down and back (think "proud chest"), take a deep breath, and brace your core. Raise your opposite arm out to your side and make a fist.

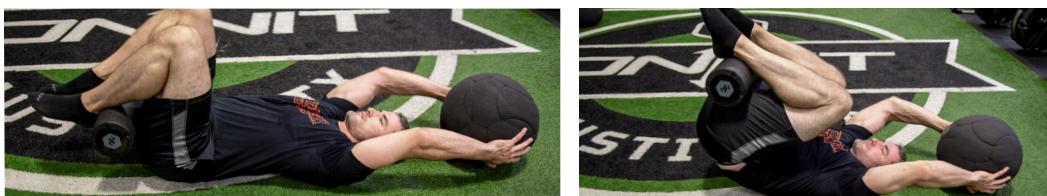
Keeping your head, spine, and pelvis aligned, bend your hips back and raise the leg that's on the same side as the bar behind you. Your support leg can be slightly bent. Lower your body until you feel a stretch in your hamstrings (or the weight on the bar touches the floor). Your hips should stay square to the floor (don't twist in either direction).

Squeeze your glutes as you extend your hips to come back up to stand. Make sure you extend your hips fully—the leg that's off the floor should come through to touch the bar at the top of each rep. Complete your reps on one side and then repeat on the other immediately.

## **2B - Reverse Crunch Sets: 3 Reps: 15 Rest: 60sec.**

Lie on your back on the floor and hold a foam roller or PVC pipe between your ankles and butt. Hold a medicine ball with both hands overhead on the floor behind you. Pull your heels toward your butt to activate your hamstrings.

Tuck your tailbone under you to flatten your lower back into the floor and draw your knees up to your chest. Brace your abs and roll your butt off the floor and backward, trying to bring your knees to your elbows. Roll your butt back to the floor.



## **2C - Pushup Sets: 4 Reps: Max Rest: 60-120sec.**



Place your hands on the floor at shoulder width and extend your legs behind you. Tuck your tailbone under so your pelvis is perpendicular to the floor, and brace your core. Squeeze your glutes and twist your hands outward into the floor to create tension in your upper back and shoulders.

Lower your body, maintaining alignment from your head to your pelvis, until your chest is about one inch above the floor. Tuck your elbows toward your sides as you lower, and draw your shoulder blades together and downward. Your eyes should be focused on the floor. Don't extend your neck.

Press back up, pushing your shoulders forward and spreading your shoulder blades at the top of the movement.

**3A - Triceps Pushdown Sets: 3 Reps: 20 Rest: 60sec.**

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Tuck your elbows into the sides of your body and extend your elbows, flexing your triceps at the bottom of the movement. Control the weight on the way back up.

**3B - Chest-Supported Reverse Fly Sets: 3 Reps: 12 Rest: 60sec.**

Set an adjustable bench to a 30–45-degree angle and lie on it, chest down, with a dumbbell in each hand. Draw your shoulders back and down.

Raise your arms out 90 degrees to your sides, and then control the descent.

# PHASE II

## WORKOUT 3

### **1A - One-Arm Landmine Press**

**Sets: 3 Reps: 10 (each side) Rest: 0sec.**



Set up a barbell in a landmine unit as described in the landmine single-leg RDL. Grasp the very end of the bar and hold it at shoulder level. Stagger your feet so the leg that's on the same side as the pressing arm is back. Your shoulders and hips should be square to the landmine (or corner).

Brace your core and press the bar up using a slight arc (think: “around the world”). Lower it back under control. Avoid twisting your shoulders or hips throughout the set, as well as extending your lower back (think: “ribs down”). Complete your reps on one side and then repeat on the other immediately. Afterward, go on to 1B without resting.

### **1B - One-Arm Landmine Row**

**Sets: 3 Reps: 10 (each side) Rest: 0sec.**



Stand perpendicular to the landmine and stagger your stance so that your back leg is on the same side as the bar. Bend your hips back while keeping your head, spine, and pelvis aligned, and grasp the end of the bar.

Brace your core and row the bar to your side. Don't allow your shoulders or hips to twist. Complete your reps on one side and then repeat on the other immediately. Afterward, go on to 1C without resting.

### **1C - Landmine Deadlift Sets: 3 Reps: 10 Rest: 90sec.**



Face the landmine and stand with your feet slightly wider than shoulder-width apart. Turn your toes out slightly. Draw your shoulder blades together and downward (think: “proud chest”) and bend your hips back. Lower your body while bending your knees slightly and pushing them apart—keep the alignment of your head, spine, and pelvis. Continue until your shoulders are over the end of the bar and you feel a stretch in your hamstrings.

Interlace your fingers and take a deep breath into your belly. Brace your core and grasp the end of the bar underhand. Maintain your proud-chest position—the logo on your T-shirt should be visible to anyone standing in front of you. Push through your heels and extend your hips to lockout. Push your hips back to return the weight to the floor.

**2A - Incline Dumbbell Press Sets: 3 Reps: 8 Rest: 60sec.**

Set an adjustable bench to a 30–45-degree angle and lie back against it with a dumbbell in each hand at shoulder level. Press the weights straight over your chest.

**2B - Chest-Supported Dumbbell Row Sets: 3 Reps: 10 Rest: 60sec.**

Flip over on the bench so your chest is supported and hold the dumbbells at arm's length. Draw your shoulder blades together and downward as you row the weights back to your hips. Lower them under control.

**2C - Stability-Ball Bodysaw Sets: 3 Reps: 15 Rest: 60-120sec.**

Kneel on the floor behind a stability ball and rest your forearms on the ball. Take a deep breath into your belly, tuck your tailbone under, and brace your core. Extend your legs behind you and widen your stance as much as you need to feel stable.

Slowly extend your arms, rolling the ball forward as far as you can until you feel you're about to lose tension in your core. Roll the ball back.

### 3A - Alternating Dumbbell Curl

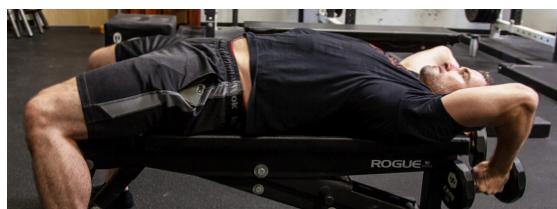
Sets: 3 Reps: 10 (each side) Rest: 60sec.



Stand holding a dumbbell in each hand. Keeping your torso rigid and your upper arms at your sides, curl one dumbbell at a time, lowering each under control. Squeeze your biceps in the top position.

### 3B - Dumbbell Triceps Extension

Sets: 3 Reps: 12 Rest: 60sec.



Lie back on a flat bench with a dumbbell in each hand and press the dumbbells over your chest. Allow your arms to drift backward so that they point behind you and you feel a stretch on your triceps.

Bend your elbows and lower the dumbbells behind your head. Extend your elbows to lockout.



# PHASE 2

## WORKOUT 1

### 1A - Trap-Bar Deadlift Sets: 4 Reps: 6 Rest: 60sec.



Perform these as you did in Phase I but with much heavier weights.

### 1B - Pullup or Lat Pulldown Sets: 4 Reps: Max Rest: 60sec.



Perform as you did the chinup in Phase I, but with your palms facing away and hands outside shoulder width. If that's too hard, use a lat-pulldown station.

### 1C - Dumbbell Bench Press Sets: 4 Reps: 8 Rest: 60-120sec.



Perform as you did the incline bench press in Phase I but use a flat bench.

## **2A - Landmine Squat Sets: 3 Reps: 10 Rest: 60sec.**



Perform as you did the goblet squat in Phase I, but use a barbell and landmine. Hold the end of the bar with both hands at chest level. Twist your feet into the floor and lower your body as far as you can while keeping your head, spine, and pelvis aligned. Keep driving your knees outward throughout each rep.

## **2B - Band Pull-Apart Sets: 3 Reps: 20 Rest: 60sec.**



Perform as you did in Phase 1



## **2C - Hanging Leg Raise Sets: 3 Reps: 10 Rest: 60-120sec.**



Hang from a chinup bar. Your palms can face forward or each other, if the bar allows. Tuck your tailbone under and pull your legs together to create tension. Raise them as high as you can, allowing your torso to tilt backward as they rise. If that's too hard, raise your legs to 90 degrees only.

**3A - One-Arm Lateral Raise**

**Sets: 3   Reps: 15 (each side)   Rest: 60sec.**



Stand holding a dumbbell in one hand and brace your core. Raise your arm out 90 degrees to your side. Avoid twisting or bending in either direction. Complete your reps on one side and then repeat on the other immediately.

**3B - Alternating Hammer Curl**

**Sets: 3   Reps: 12 (each side)   Rest: 60sec.**



Stand holding a dumbbell in each hand with palms facing your sides. Keeping your arms at your sides, curl one arm at a time and control the descent. Squeeze your biceps at the top of each rep.

# PHASE 2

## WORKOUT 2

### 1A - Bulgarian Split Squat (two dumbbells)

Sets: 4 Reps: 5 (each side) Rest: 60sec.



Perform as described in Phase I but hold a dumbbell in each hand.

### 1B - One-Arm Dumbbell Overhead Press

Sets: 4 Reps: 8 (each side) Rest: 60sec.



Similar to the dumbbell alternating overhead press in Phase I, hold one dumbbell and press it overhead while standing tall and keeping your torso rigid. Don't bend or twist. Complete your reps on one side and then repeat on the other immediately.

### 1C - Inverted Row Sets: 4 Reps: Max Rest: 60-120sec.



Set a barbell in a power rack at about hip level. Lie underneath the bar and grasp it with hands outside shoulder width. Hang from the bar so your body forms a straight line. Squeeze your shoulder blades together and downward (think: "proud chest") and pull yourself up until your back is fully contracted.

**2A - Romanian Deadlift Sets: 3 Reps: 10 Rest: 60sec.**

Set a barbell on a rack at about hip level. Grasp the bar with a shoulder-width grip and take it off the rack. Step back and plant your feet hip-width apart. Draw your shoulders back together and downward (think: "proud chest").

Take a deep breath and brace your core. Push your hips backward and, maintaining a long spine from your head to your pelvis, lower your body until you feel a stretch in your hamstrings. Actively pull the bar into your body so it stays in contact with your legs the entire time. Allow your knees to bend as you lower down. Squeeze your glutes as you extend your hips and come back up.

**2B - Straight-Leg Lower Sets: 3 Reps: 15 Rest: 60sec.**

Lie on your back on the floor and tuck your tailbone under to flatten your lower back into the floor. Raise both legs up to 90 degrees.

Take a deep breath into your belly and brace your core. Lower both legs as slowly as you can while maintaining your lower back position. If that's too hard, perform the exercise with your knees bent 90 degrees.

**2C - Close-Grip Pushup Sets: 3 Reps: Max Rest: 60-120sec.**

Perform a pushup as described in Phase I but place your hands on the floor inside shoulder width. Spread your fingers apart so that your thumbs nearly touch.



### 3A - Overhead Triceps Extension

Sets: 3   Reps: 15   Rest: 60sec.



Attach a rope handle to a cable pulley and grasp an end in each hand. Face away from the station and step forward to put tension on the cable. Allow the cable to pull your arms overhead with your elbows bent as you bend your torso forward a few degrees. Stagger your stance for stability.

Extend your elbows to lockout and control the return to the starting position.

### 3B - Suspension-Trainer Reverse Fly

Sets: 3   Reps: 10   Rest: 60sec.



Grasp the handles of a suspension trainer and allow your body to hang so your body forms a 45-degree angle to the floor. Draw your shoulder blades together and downward (think: “proud chest”) and tuck your tailbone under. Brace your core.

Extend your arms out 90 degrees to your sides so your upper back is fully contracted. Control your return to the starting position.

# PHASE 2

## WORKOUT 3

### 1A - Landmine Shoulder-To-Shoulder Press

Sets: 3 Reps: 10 (each side) Rest: 60sec.



Set up as you did for the landmine squat in Phase I, but press the bar over your head with both hands. Lower it to one shoulder, and then press it up and across, lowering it to the opposite shoulder. Keep your core braced and focus on pressing the bar in an arcing motion.

### 1B - One-Arm Landmine Row

Sets: 3 Reps: 10 (each side) Rest: 60sec.



Perform as you did in Phase I.

### 1C - Landmine RDL Sets: 3 Reps: 10 Rest: 60-120sec.



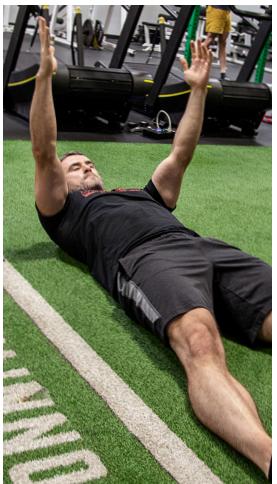
Perform as you did the landmine deadlift in Phase I but use less bend in your knees. Focus on pushing your butt back and feeling the stretch in your hamstrings. Keep the alignment from your head to your pelvis and your core braced.

**2A - One-Arm Incline Dumbbell Press****Sets: 3 Reps: 8 (each side) Rest: 60sec.**

Perform as you did the incline dumbbell press in Phase I, but train one side at a time. You may extend your arm on the opposite side and make a fist to help you stay stable. Avoid twisting or bending to one side on the bench—keep your core braced.

**2B - Chest-Supported Batwing Row****Sets: 3 Reps: 10 (each side) Rest: 60sec.**

Perform as you did the chest-supported row in Phase I, but hold one dumbbell up at the top of a rep while you do reps with the other arm. Then lower that arm and perform reps while you hold the opposite arm up.

**2C - Straight-Leg Situp Sets: 3 Reps: 12 Rest: 60-120sec.**

Lie on your back on the floor and extend your legs out straight. Reach your arms straight overhead. Take a deep breath into your belly and brace your core, flattening your lower back into the floor.

Without using momentum, curl your torso off the floor and sit up fully, reaching for the ceiling. Keep your legs straight. Lower yourself back down under control.

### **3A - Plank Row Sets: 3 Reps: 10 (each side) Rest: 60sec.**



Hold a dumbbell in each hand and get into pushup position on the floor. Shift your weight to your right side so your left hand becomes light, and drive the right-hand dumbbell into the floor. Row the left-side dumbbell to your hip and lower it under control. Repeat on the other side. Keep your core braced and avoid twisting your shoulders or hips to either side.

### **3B - Elbows-Out Triceps Extension Sets: 3 Reps: 15 Rest: 60sec.**



Set an adjustable bench to a 30–45-degree angle. Hold a dumbbell in each hand and lie back against the bench. Extend your arms overhead with your palms facing forward.

Flare your elbows outward and bend them, slowly lowering the weights toward your chest until they touch your body. Extend your elbows to lockout.

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