



ALL OUT AB ATTACK

*A JAM PACKED, ALL OUT, FAST AND FURIOUS CORE CIRCUIT
THAT GETS YOU BEACH READY IN NO TIME!*

WELCOME TO BLUE STAR'S ALL OUT AB ATTACK!

ARE YOU READY FOR THE MOST INTENSE ABS WORKOUT PROGRAM YOU HAVE EVER EXPERIENCED?

In fact, this is the exact ab workout program Chris Belanger, the VP of Sales for Blue Star Nutraceuticals, uses to get his abs into shredded condition. So if you want wash board abs, ripped intercostals, and a strong, muscular core just like Chris, you better use this program! But, before we get started, there are a few things you should know:

- *This isn't your average crunch workout; this is a jam-packed, all-out, fast and furious core circuit that will not only challenge you but it really leaves nothing behind.*
- *This workout jacks up intensity, and revs up your metabolism by performing each exercise back to back at maximum effort, tackling every muscle in your core!*

You will burn off a ton of calories and directly reduce abdominal fat for a shredded six-pack, all while protecting your lean, hard muscle. And because it is so intense it is the perfect replacement for those long, boring cardio sessions. That's right, you can forget about ever doing slow 'fat-burning zone' cardio again! This low-effort no mans land where your body supposedly uses flab for fuel is just not efficient or effective! This intense six-pack attack workout will rev up your metabolism for hours after you workout! But remember, this is only one part of a good program! For maximum results you want to be sure you are following the three pillars of fitness success: diet, [supplements](#) and workout.

Now, as for the program, there are a few rules: When performing this circuit remember there is no rest! Take as little as 0 to 15 seconds to quickly move between each exercise, and about 2 minutes rest between circuits. Review the exercises and practice performing each before diving into this program. Control all of your movements, but you want to move as fast as possible without using momentum. All movements should be smooth, controlled and coordinated. When you have mastered the exercises in this circuit, you should be performing this workout circuit five to six times with little rest in-between exercises or circuits! We are also going to walk you through a beginner and advance modification of each exercise, so you can increase the resistance and exercise difficulty! Lastly, aim for 2 sets of 15 reps if you are beginner or 3 sets of 20 reps of each exercise if you are advanced and keep that intensity up!

READY TO GET STARTED? HERE WE GO!

WORKOUT ONE

ADVANCED

Perform each exercise, one after the other, then take a 2-minute break and repeat 2 more times.

EXERCISES	REST PERIOD	REPS/TIME
Straight Leg Vertical Leg Raises	2 minute rest after completion of full circuit.	20
Lying Straight Leg Rotation with Ball		20
Crunch on Stability Ball with Medicine Ball		20
Ab Roll outs with Barbell		20
Hyperextensions Holding a Weight		20
Side Oblique Crunches on BOSU Ball		20
Standing Vertical Smash with Medicine Ball		20
Oblique Crunches Bicycles		20
Russian Twists on Decline Bench		20

BEGINNER

Perform each exercise, one after the other, then take a 2-minute break and repeat 1 more time.

EXERCISES	REST PERIOD	REPS/TIME
Bent Leg Vertical Leg Raises	2 minute rest after completion of full circuit.	15
Lying Straight Leg Rotations		15
Crunch on Stability Ball		15
Ab Roll outs with Stability Ball		15
Hyperextensions		15
Side Oblique Crunches on BOSU Ball		15
Seated Vertical Smash with Medicine Ball		15
Oblique Crunches Lying on Side		15
Russian Twists on Floor		15

WORKOUT TWO

ADVANCED

Perform each exercise, one after the other, then take a 2-minute break and repeat 2 more times.

EXERCISES	REST PERIOD	REPS/TIME
Weighted Plank	2 minute rest after completion of full circuit.	20
Straight Leg Hanging Leg Raises		20
Stability Ball Pikes		20
Crunch on Stability Ball with Medicine Ball		20
Decline Crunches with Medicine Ball		20
Russian Twists on Decline Bench with Ball		20
Ab Roll outs with Barbell to Front and Sides		20
Oblique Crunches on Stability Ball		20
Wood Chop		20

BEGINNER

Perform each exercise, one after the other, then take a 2-minute break and repeat 1 more time.

EXERCISES	REST PERIOD	REPS/TIME
Plank	2 minute rest after completion of full circuit.	15
Bent Leg Hanging Leg Raises		15
Stability Ball Knee Tucks		15
Crunch on Stability Ball		15
Decline Crunches		15
Russian Twists on Decline Bench		15
Ab Roll outs with Stability Ball to Front & Sides		15
Oblique Crunches on Stability Ball		15
Wood Chop		15

WORKOUT THREE

ADVANCED

Perform each exercise, one after the other, then take a 2-minute break and repeat 2 more times.

EXERCISES	REST PERIOD	REPS/TIME
Weighted Straight Leg Hanging Leg Raises	2 minute rest after completion of full circuit.	20
Crunch on Stability Ball with Medicine Ball		20
Standing Vertical Smash with Medicine Ball		20
Russian Twists on Decline Bench with Ball		20
Ball Exchange with Stability Ball on BOSU Ball		20
Side Plank with Rotation		20
Stability Ball Pikes		20
Wood Chop		20
Mogul Jumps with Split Legs		20

BEGINNER

Perform each exercise, one after the other, then take a 2-minute break and repeat 1 more time.

EXERCISES	REST PERIOD	REPS/TIME
Bent Leg Hanging Leg Raises	2 minute rest after completion of full circuit.	15
Crunch on Stability Ball		15
Seated Vertical Smash with Medicine Ball		15
Russian Twists on Decline Bench		15
Ball Exchange with Stability Ball on Ground		15
Side Plank		15
Stability Ball Tucks		15
Wood Chop		15
Mogul Jumps		15