



BEGINNER

ABS WORKOUT

GUIDE

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ABS TRAINING GUIDELINES

This PDF is designed to act as a supplemental resource for you to refer to while you're at the gym. I would highly suggest reading over the "ab training" chapter within your program to get a better understanding of why this routine is designed the way it is. I would also strongly advise that you watch the tutorial videos for each abdominal exercise within this routine (located in the exercise tutorials section of your program) in order to see the best results with these movements.

The ab workout we'll be using is designed to adequately target each area of your core musculature: primarily the upper/mid/lower abdominals and the obliques. Both weighted and bodyweight movements will be incorporated.

And as explained in your course, the ab workout you'll use is designed to be initially performed **1x per week**. After a few months, if you feel ready for it, you can perform the workout 2x per week. But regardless, your ab workout volume and exercise range will be increased in my intermediate program. So stick to this for now.

When you choose to train your abs is completely up to you – however I'd suggest training them on a rest day with your cardio/prehab routine OR after one of your workouts. **Refrain from working out your abs on back-to-back days.** Just like any other muscle group, they require adequate rest and should be given at least 1 day's rest before training them again.

And finally, for each of the below movements, focus on **progressively overloading** the movements by either increasing the number of reps you perform or increasing the weight used (if applicable) overtime – however, this should be done very slowly and gradually AND always with proper form in order to prevent injury and/or fatigue.



ABS WORKOUT

EXERCISE	SETS	REPS	NOTES
Weighted Cable Crunch	3	10-15	Bring chin to knees, don't excessively arch or round your back. Increase weight when ready.
Lying Leg Raises	3	8-12	Keep lower back flat, don't let feet touch ground.
Hollow Body Holds	3	~30 second holds	Make a "C" shape, flatten lower back, keep arms and legs fully extended. Hold until your form begins to break down. Add weight when ready.
Thread the Needle Plank	3	10 per side	Start in a side plank position, keep hips raised, avoid slouching. Increase reps or add weight when ready.

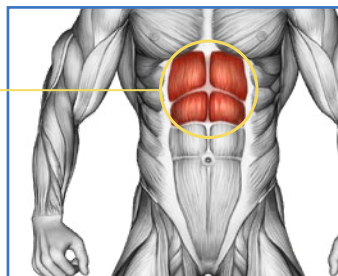
This workout is designed to be performed as a circuit. Perform 1 set of each ab exercise consecutively (one right after the other without rest) and then take a 2-minute rest before repeating the circuit again. The circuit should be done a total of 3 times, meaning that each exercise is done for a total of 3 sets.

If lack of available equipment makes it difficult to perform them in a circuit, then perform them how you would normally (3 sets of the first exercise then onto the next) with around 60 seconds of rest between each set

ABS WORKOUT

E1: WEIGHTED CABLE CRUNCH

TARGET: UPPER ABS



STEP 1 (SETUP)

Kneel below a high pulley that contains either the rope attachment or the seated row attachment (whichever is more comfortable for you). Grasp the attachment and lower it until your hands are placed next to your face (the handle should be directly behind your head/neck). Position yourself such that you're not too close to the pulley yet not too far – find the sweet spot that allows you to have the best range of motion and activation of your abs in step 2.

STEP 2 (CRUNCH)

While on your knees, flex your torso down by contracting your abs. Think about trying to bring your chin down towards your knees. There can be a slight rounding of your back to help with contracting your abs, but it should not be too excessive (especially if you're prone to back pain/injuries). Hold for a second at the bottom position while contracting your abs.

STEP 3 (ECCENTRIC)

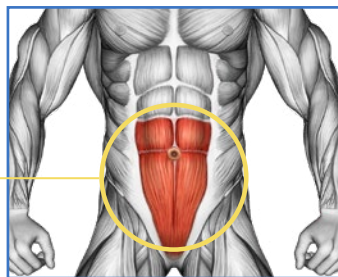
Slowly return to the starting position, but keep the tension in the abs. Repeat for more reps.



ABS WORKOUT

E2: LYING LEG RAISES

TARGET: LOWER ABS



STEP 1 (SETUP)

Lay flat on your back with your feet together, legs straight, and arms out to your side. Move into posterior pelvic tilt by contracting your abs until your lower back is flattened on the ground.

STEP 2 (RAISE)

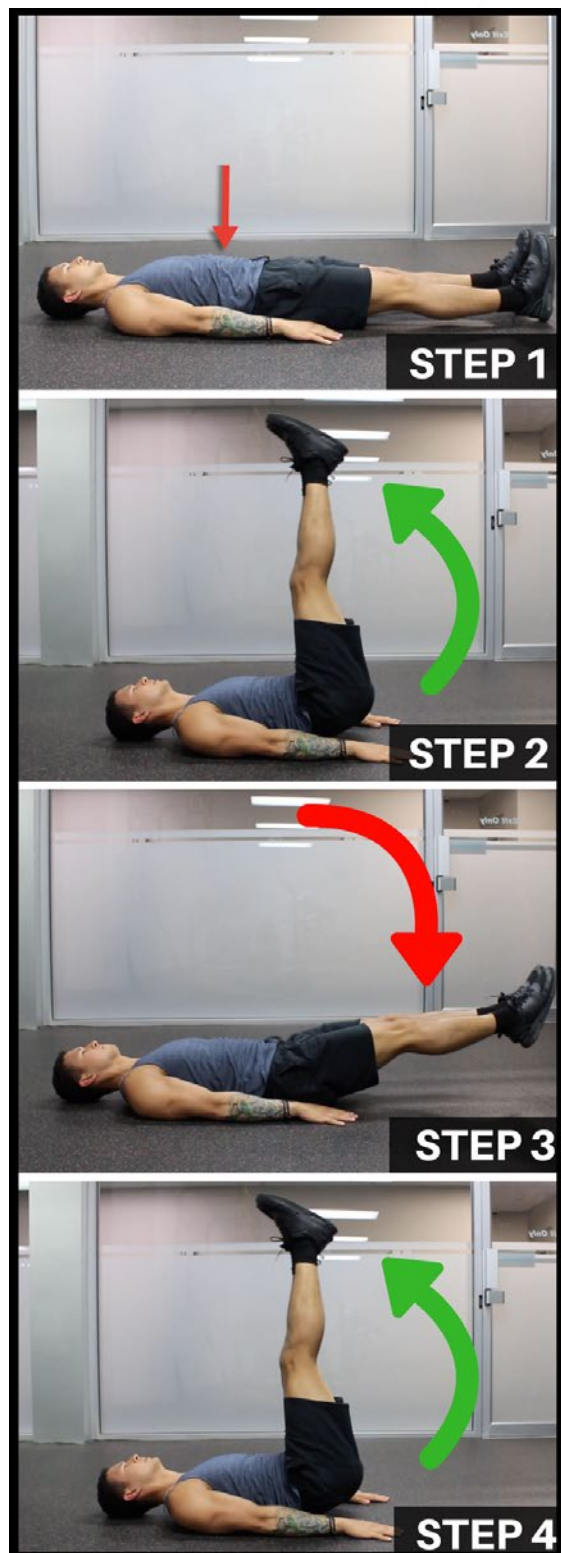
Raise your legs up by contracting your abs until they reach around 90-degrees.

STEP 3 (DESCENT)

Slowly lower your legs down until your feet almost touch the ground.

STEP 4 (RAISE)

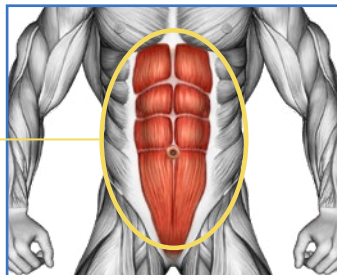
Without letting your feet touch the ground, raise your legs back up from there into another rep in order to keep constant tension with the abs. Your lower back should remain flat and not arched throughout the process.



ABS WORKOUT

E3: HOLLOW BODY HOLDS

TARGET: CORE ABS



STEP 1 (SETUP)

Lay flat on your back with your feet and arms extended. Move into posterior pelvic tilt by contracting your abs until your lower back is flat against the ground.

STEP 2 (RAISE AND HOLD)

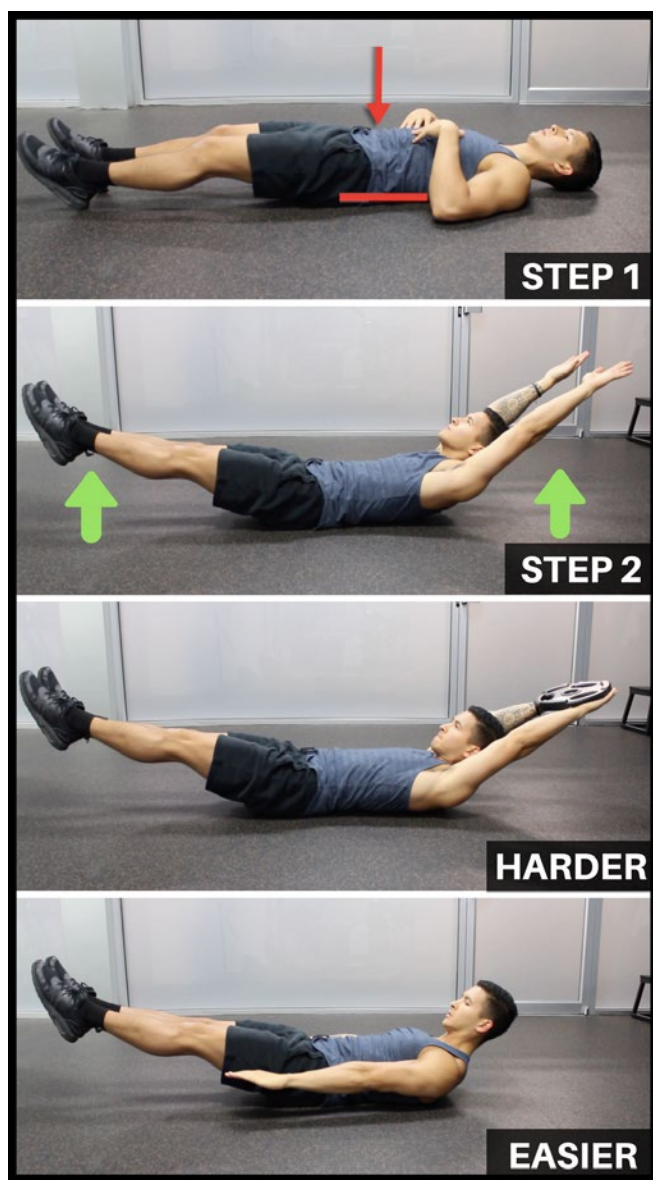
Raise your upper body up off the ground by contracting your abs – raise your upper body such that your shoulder blades are not touching the ground. Simultaneously raise your legs up slightly as well in order to make a “C” shape. Your arms should be extended straight out behind you, but ensure that your lower back remains flat. Hold this position while contracting your abs and hold it until your form deteriorates.

OPTIONAL (HARDER)

Once you can hold the movement comfortably for around 30 seconds, you can progress it by either holding it for longer times OR by holding a weight in your hands like so.

OPTIONAL (EASIER)

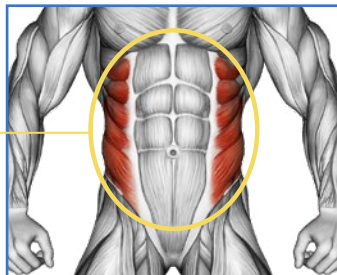
If you can't do this in the first place, try doing the same thing but with your arms positioned straight forward to make it a little easier for you.



ABS WORKOUT

E4: THREAD THE NEEDLE PLANK

TARGET: OBLIQUE ABS



STEP 1 (SETUP)

Start by laying on your side with your elbow directly underneath your shoulder and your feet and knees stacked. Lift your hips into a side plank position with your free arm up towards the ceiling.

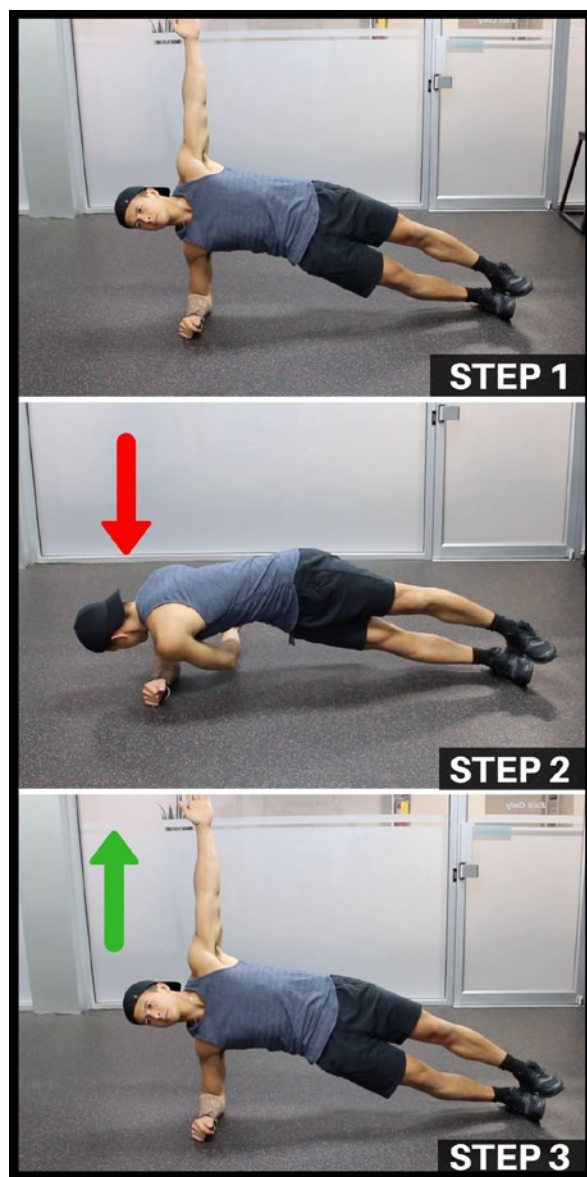
STEP 2 ("THREAD")

Take your free arm and move it through the open space underneath your body while you rotate your shoulders and hips towards the floor.

STEP 3 (RETURN)

Move back into the starting position and then repeat. Ensure that your hips stay elevated throughout and that you maintain a neutral (straight) spine rather than slouching. Repeat for more reps.

You can further progress this exercise by performing more reps or by adding weight to your free hand.



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Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed **solely at your own risk**;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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