



**BEGINNER**

**MALE**

**BUILT WITH SCIENCE**

# HOME

**ABDOMINALS WORKOUT**

A man is shown in a plank position on a black mat in a gym. He is wearing black shorts and black sneakers. The background shows large windows and concrete pillars.

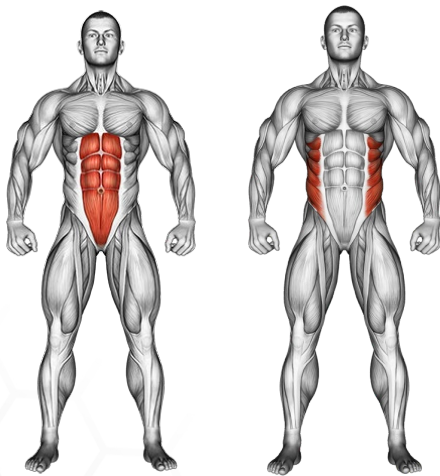
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# HOME AB TRAINING GUIDELINES

This PDF is designed to be a supplemental resource for you to use as you perform your home abs workout. I would 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 and to learn how to properly progress them.

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 you'll be able to perform each exercise and progress it regardless of what equipment you do/don't have.



Also, 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 the 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, slowing down your reps, and/or increasing the weight/resistance 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.





# THE HOME AB WORKOUT

Exercise	Sets	Reps	Notes
Standard Crunches	3	30 seconds	Keep feet flat and knees bent at 90-degrees, hold hands behind head, flatten lower back on ground, crunch up by lifting shoulder-blades off ground. Progress overtime (see tutorial video).
Lying Leg Raises	3	30 seconds	Keep lower back flat on ground and arms by sides, raise legs up until at 90-degree angle, don't let feet touch ground. Progress by slowing down eccentric.
Mountain Climbers	3	30 seconds	Start in a plank position, kick your knees up towards your chest by crunching your abs, keep butt down
Bicycle Kicks	3	30 seconds	Flatten lower back on ground, draw in belly button, rotate torso to drive opposite elbow to opposite knee.

*\*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.*

# EXERCISE TUTORIALS

## EXERCISE 1: Standard Crunches

**Step 1 (Setup):** Lay on your back with your hands straight by your sides, knees bent to 90-degrees, and feet flat on the floor. Place your arms behind your head. Then, move into posterior pelvic tilt by contracting your abs and squeezing your glutes so that your lower back flattens against the ground.

**Step 2 (Crunch):** Crunch up by curling your upper body and lifting your shoulder blades off the ground. Try to lift up as much as possible, ideally your shoulder blades should at least clear the ground. Pause at the top position briefly while contracting your abs.

**Step 3 (Descend):** Descend back to the bottom position, ensure that your lower back is still flat on the ground, and then repeat for more reps.

**Progression:** You can progress with weight by holding a dumbbell or any weighted object in your hands and lifting it up with you as you crunch up. Alternatively, you can also perform resistance band cable crunches as another weighted alternative to progress the movement (see tutorial video).



# EXERCISE TUTORIALS

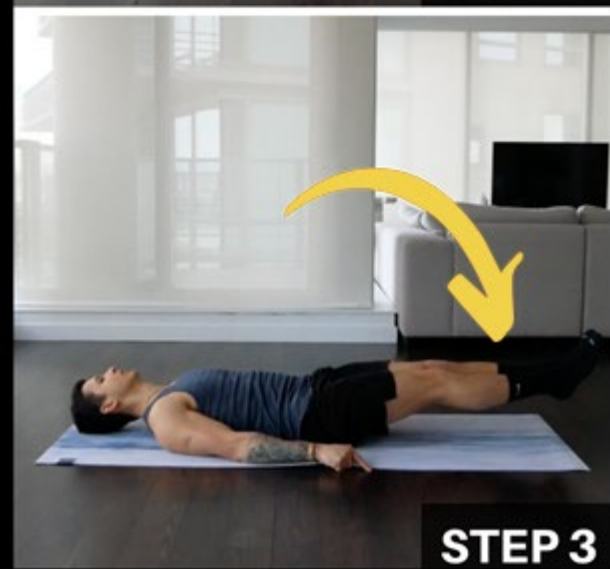
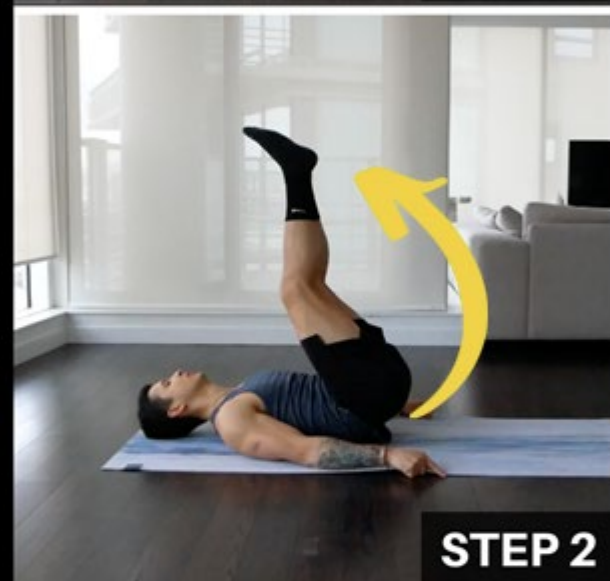
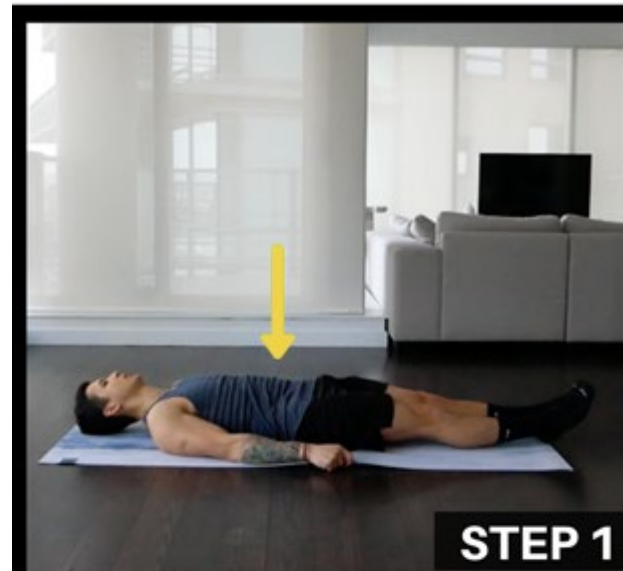
## EXERCISE 2: Lying Leg Raises

**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 and squeezing your glutes until your lower back is flattened on the ground.

**Step 2 (Raise):** Raise your legs up by contracting your abs and curling your pelvis towards your belly button until your legs reach around 90-degrees. They should be kept relatively straight as you do so.

**Step 3 (Descent):** Slowly lower your legs down until your feet almost touch the ground. Just before they touch the ground though, raise your legs back up immediately into another rep in order to keep constant tension in the abs. Your lower back should remain flat and not arched throughout the process.

**Progression:** You can progress this movement overtime by slowing down the downward portion of each rep as much as possible, and keeping your abs engaged as you do so.





# EXERCISE TUTORIALS

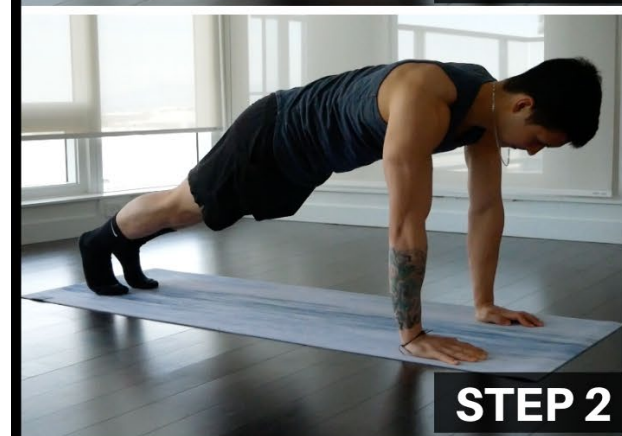
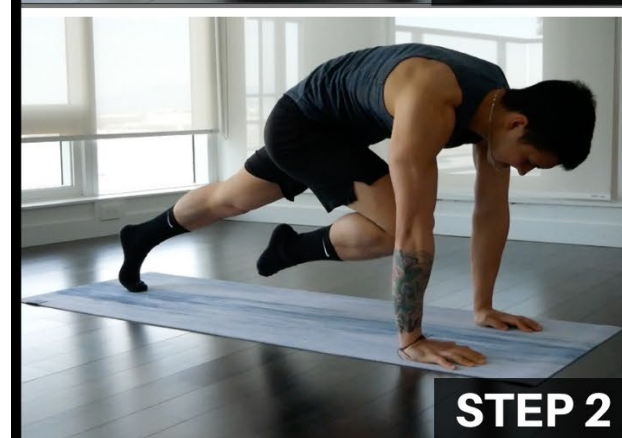
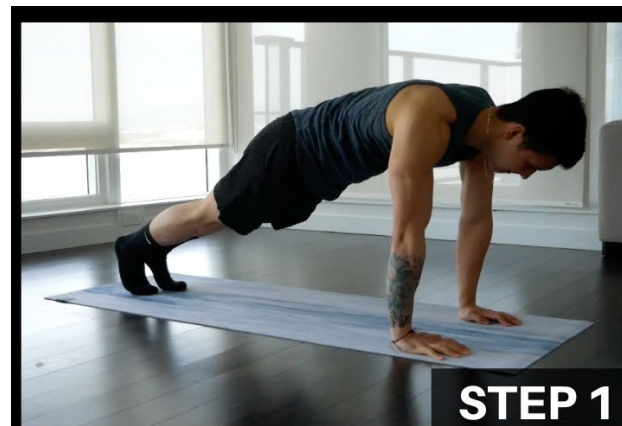
## EXERCISE 3: Mountain Climbers

**Step 1 (Setup):** Get into a plank position with your arms positioned straight under your shoulders and your legs extended with feet together. Your back should be straight as opposed to excessively arched or rounded.

**Step 2 (Crunch):** Using your abs, crunch one of your knees up towards your chest. As you do so, you should flex your spine slightly to engage your abs and to generate the power needed to kick your knee up to your chest.

**Step 2 (Alternate):** Switch to the other leg for the next rep, and then repeat going back and forth. Focus on engaging and using your core during each rep as opposed to just using your hip flexors to kick your knees up. And as you perform your reps, especially as you fatigue, ensure that your hips are not raising up and that you're maintaining a neutral spine throughout.

**Progression:** To progress the exercise, you can perform your reps faster and/or try to kick your knees up higher up on your chest.



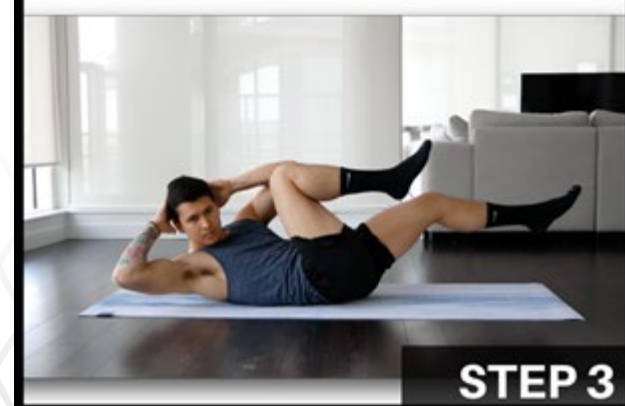
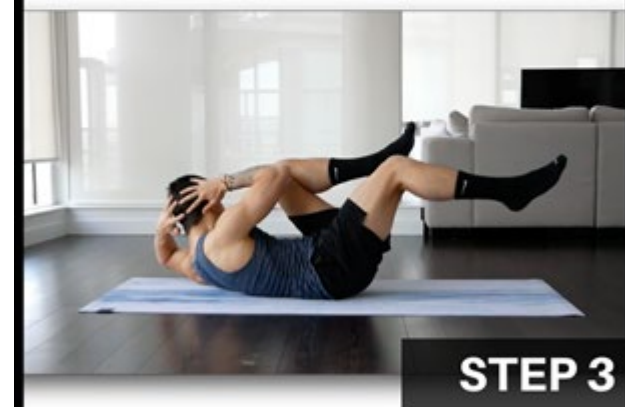
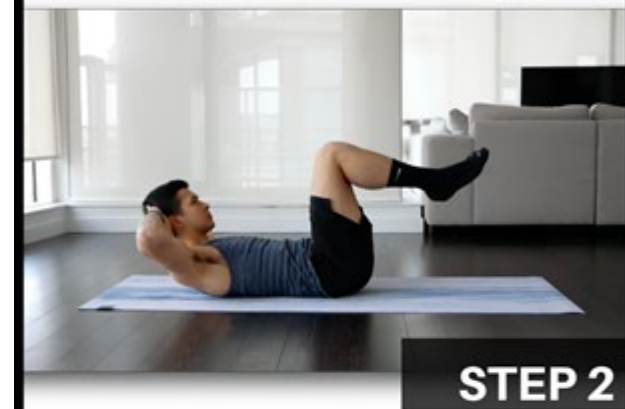
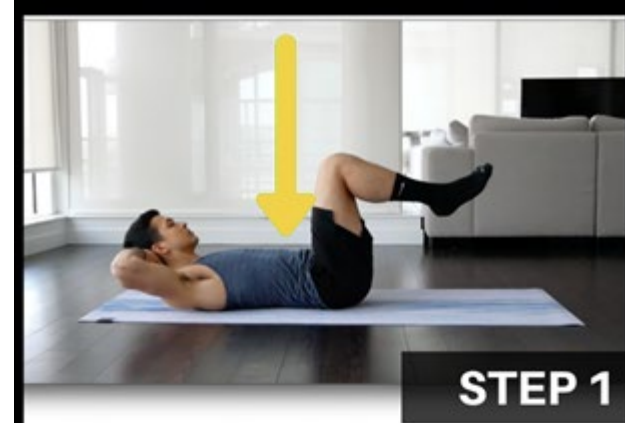
# EXERCISE TUTORIALS

## EXERCISE 4: Bicycle Kicks

**Step 1 (Setup):** Lie on your back with your arms and legs straight, and then lift your legs up to a 90-degree angle. Lift your chest up so that your shoulder blades are slightly off the ground and hold the back of your head with your elbows wide.

**Step 2 (Setup):** Move into posterior pelvic tilt by contracting your abs and tilting your pelvis upwards towards the ceiling so that your lower back flattens against the ground.

**Step 3 (Twist):** Twist from side to side by extending your left leg straight out while twisting your torso so that your left underarm rotates towards your right knee, then reverse this motion and repeat on the other side. Your shoulder blades should be completely off the floor and your lower back should be flat against the ground throughout the movement. Focus more so about rotating your torso each rep as opposed to touching your knee to your elbow.







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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

A person is shown from the waist down, in a starting crouch on a dark mat. They are wearing black shorts and black sneakers with white soles. The background is a gym with large windows and a concrete floor.

# DISCLAIMER

- 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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# ADDITIONAL COMMENTS

I hope this PDF is useful for you! I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



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Enjoy!