

# “Amazing Abs 101”



**(For People With Back Problems,  
Or Who *NEVER* Want To  
Get Back Problems!)**

*--By Caleb Lee*

**This ebook gives you the simple steps to...**

- **Lose Belly Fat!**
- **Get Six Pack Abs!**
- **Build Amazing Core Strength!**
- **Protect and Strengthen Your Lower Back!**
- **And much, *MUCH MORE!***

# Who Is Caleb Lee and How Can He Help You?

Caleb Lee knows a lot about strength training, weight loss, conditioning and much more.

*"Since the age of five I've trained in martial arts... and for over a decade I've been obsessed with strength and conditioning training"*

He helps men and women get the body they want. Good muscle tone. Lean. Ripped Abs... and above all functional fitness.



*"I believe you should be able to perform as good or better than you look as well. That's why everything I'll show you will also increase your functional fitness and above all -- will keep you healthy!"*

Caleb also doesn't believe in living your whole life in the gym or depriving yourself just to look good...

*"I believe you should workout to live, not live to workout. So I'll show you the most efficient ways (read: FASTEST and EASIEST) ways to get the results your looking for"*

For people interested in losing fat and getting great abs, they can read this ebook for a “primer” course and then to really take it up to the next level, they can get more information on how to get lean and get six pack abs with his complete system (more information can be found at [LeanBodyReport.com](http://LeanBodyReport.com)).

# Amazing Abs 101 - Core Training System

If you wanna get **amazing abs**, then this first article in this **core training system** series is going to be just what you're looking for... and... totally different than anything else you may have read before.



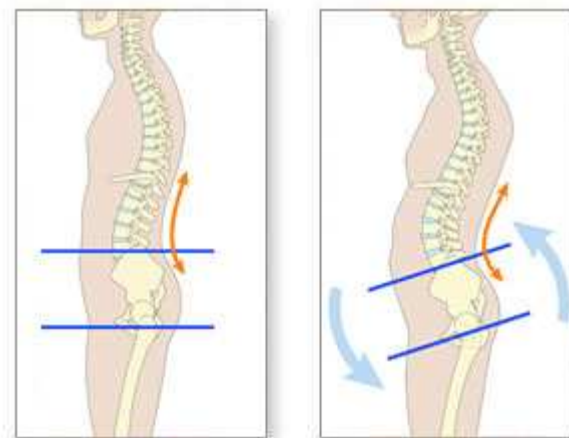
Why?

1. Because I got great abs now and I know *how* I got them (cause I did a lot of crap that didn't work for YEARS!)
2. Because even though I'm just 23 years old, a "youngin" compared to a lot of people, I've already pulled my lower back once in my fitness career. But instead of becoming weaker, being crippled for life, or accepting myself as someone with "a bad back" — I found out how to fix it.

And I'm stronger for it now... plus, I got great abs on top of it all 😊 So what I'm going to do in this series of articles is first show you why you get lower back pain and how to get rid of it (or avoid it if you've never had it)... while at the same time... get stronger abs and that six pack you've always wanted!

## Your Lifestyle Is Hurting You

And it was hurting me too. See, most of us in the modern world suffer from muscle imbalances. If you're suffering from lower back pain you're probably suffering from [Lordosis](#), illustrated in the picture to the side (*image credit: losethebackpain.com*).



(not to be confused with what scientists call "lordosis behavior" which is when the female in the species arches her back in an extreme manner to attract "mates" and make intercourse easier — although thinking of how a hot stripper in heels puts an extreme arch in her back might help you visualize your problem.)

What causes lordosis? Pretty much all your daily activities:

- Sitting at a desk all day shortens your hip flexors (the muscles in the front of your hips)...
- Hunching over your key board makes your upper back weak...
- Overall the front of your body is stronger than the back of it...

Then, when you exercise (especially when you're training your abs), you are making the problem worse:

- You only train the muscles you see in the mirror, the front of your body, and increase the problem...
- Your quads (front of your thighs) get stronger while your posterior chain (back of your body muscles) don't get trained (from not squatting below parallel, doing too much direct quad work without direct hamstring and glute work)...
- You do too many crunches and situps which both shorten your abs and shorten your hip flexors even more!

Your tight hip flexors and stronger quads pull your pelvis forward and down... while your weak glutes and tight lower back allow your pelvis to tilt forward. So the main enemies you're fighting when it comes to back pain is:

- Weak posterior (back of the body) chain: with emphasis on glutes and hamstrings
- Shortened hip flexors on the front of your body
- Shortened and tight abdominals from crunching movements
- Tight lower back from all the above

## The Problem With Conventional Ab Training

Most people when they think of ab training think of doing hundreds (or even thousands!) of situps, crunches and exercises like that.

But this is bad because it compounds the problems above:

- **Tight Hip Flexors** — situps work your hip flexors more than your abs (that's why they invented crunches), but crunches don't solve the problem...
- **Hunchback Look** – Instead of training you to keep your shoulders back and down with good posture, you're constantly rounding your upper back and tilting your head forward...
- **Round and hurt your back** — most people do situps by arching then rounding forward their lower back on each rep—not good for your back in the long-run...
- **Kyphosis** - upper back rounding is created in the long term with so much crunching down on the rib cage like with crunch exercises...
- **Weak glutes** - your already weak glutes get weaker with every rep because your hip flexors are strengthened with every rep (when a muscle on one side of a joint is activated the opposite and opposing muscle relaxes — reciprocal inhibition is what they call it)

Not only that, but your abs were not designed to primarily “crunch” your torso together (or sit it up for that matter). Think about it: how many times do you “crunch” your torso forward in daily life? Once or twice a week? Your abs primary responsibility is to stabilize your spine and keep your torso upright and in the correct position as you move through space.

## What To Do Instead?

So because 1.) traditional ab exercises are bad for your posture and cause muscle imbalances and 2.) your abs aren't designed to work that way anyways, we're going to take a different approach to ab training.

It's a two part approach designed to train your abs in the way they were meant to be trained and to also do direct ab work in a way that avoids the down-sides of typical ab training.

Who do you think has some of the strongest abs in the world? How bout Olympic Weight Lifters, the light-weight ones, who routinely rip 200-300lbs off the floor and shove that weight over their heads... think they might have a strong core?

## **Olympic Core Training Secrets!**

(note: image credit for all olympic lifters from Dehwang on Flickr.com)



As you see in the picture above, Olympic lifters not only have really strong cores — but they have great abs too! The function equals form — if you're going to lift something heavy over your head then your abs are going to have to work double time to keep your torso upright and stabilized.

The first thing I want to point out about this is full body compound joint exercises like the 8 I recommend in my DoubleYourGains' 3-5 Beginners Strength Training Routine are going to give you a lot of indirect core work. So just lifting heavy with deadlifts and squats is going to get your core strong and give you tight abs.

In fact, I spend a *maximum* of probably 15 minutes TOTAL each week training my abs (and this is a recent thing in the last couple months because over the past couple years I've done virtually no direct ab work at all—and I still got a six pack).

### Secret #1: Core Stabilizing Strength.

Since the primary job of your abs is to stabilize your spine and keep your torso upright and in position, the first way you should train your abs is with stabilization exercises.



What are stabilizing exercises? It's exercises where your force your abs to do what they do best — to keep your torso upright and straight — and add resistance when it gets easier.

These light-weight Olympic lifters do stuff like support weight on their stomachs while they're laying over two chairs, making their abs a "bridge" for the weight and forcing their whole core to stabilize and work to keep their back straight.

This is the same idea behind planks and other stabilizing exercises I'll be showing you.

### Secret #2: REAL Ab Strength

Instead of doing hundreds of reps of easy situps and causing so many muscle imbalances, uneven weaknesses and strengths... if you're going to do ab exercises to train your abs to contract your body in half... you should do harder ab exercises.

Plus, you should focus on a lot of lower ab work. Most people have weaker lower abs... especially compared to their upper abs. This is because you probably do too much crunches and upper ab work like that.

Add to that you're getting posterior problems and muscle imbalances from doing so many situps and from crunching your ribcage down and you need to work your abs in a different plane of motion.

Also, if you do any heavy weight lifting (like I recommend) you'll welcome an exercise that



serves the double function of strengthening your abs... while at the same time... decompressing your spine.

An example exercise is The Hanging Leg Raise and its variations because it's really hard for most people to do (correctly). Olympic lifters do these ALL the time and for good reason:

- They **strengthen your abs...**
- They **decompress your spine...**
- They **stretch your back...**
- They **help Correct Lordosis by training you to tilt your pelvis posteriorly** and up...

So that's the basic idea with how I'm going to teach you to train your abs. I'll show you how to stretch those tight muscles, strengthen those ones that are weak and train your abs the way they were meant to be trained: primarily as stabilizers and only with harder "contraction" exercises.

That's the *Amazing Abs 101 - Core Training System* in a nutshell, and in the next part of the series we'll go into the actual exercises and how to do them.

# Core Training Exercises - The Best Ones Have This In Common



The next thing you gotta think about when it comes to getting amazing abs are the best **core training exercises**. Just to recap, in the last article in this series I told you the best ab training exercises trained your midsection in two ways:

1. As stabilizers and
2. From the bottom up.

So this article is going to focus on the stabilizing core training exercises, some examples and how to add them into your routine.

## How To Work Your Abs WITHOUT Working Them...

In the last article, amazing abs, I told you: “What are stabilizing exercises? It’s exercises where your force your abs to do what they do best — to keep your torso upright and straight — and add resistance when it gets easier.”

And that’s pretty much the gist of it. So anything you do where you really stress your torso, your core, to keep your spine in its fixed position while fighting against gravity or some other resistance is going to be considered a stabilizing core training exercise.

The key thing here is that these stabilizing exercises, contrary to all the “ab training advice” out there, should make up the majority of your abdominal work. The GOOD NEWS is you don’t even have to “actively” seek out a lot of these exercises because if you exercise the way I recommend you get a lot of core work already!

When you keep this in mind, you’ll find you don’t even have to do more than 5 minutes of direct “ab work” at the end of your workouts to get a razor sharp six pack. What do I mean? How are you already working your core by exercising the way I recommend?

## Strength Training Is Great For Your Core!

You see, when you perform compound exercises like Squat , Deadlift and Overhead Press with heavy free weights... while avoiding machines... you are training your core indirectly!

For example, when you do an overhead press with a heavy barbell you are working much more than your shoulders and arms (if you do it properly!) Your legs are forced to be a stable base, your glutes have to tighten up to start building a solid base to press from... then you flex your abs and hold your breath creating a “virtual weight lifting belt” around your core... and your

entire midsection is forced to stabilize your body and keep it in position as you press a heavy barbell overhead and the weight of it is fighting to move your torso back and away from it.

When you put a heavy barbell on your back and squat, your core has to fight to keep your torso from folding up like an accordion, etc... you get the point right? Follow the DoubleYourGains' 3-5 Beginners Strength Training Routine and you'll get a ton of ab work already.

## What Are Some Other Stabilizing Ab Exercises?

In addition to your regular Strength Training, you can train your abs directly with other stabilizing exercises. There's many different variations here but the idea is the same: you force your core to fight some sort of resistance to keep your torso in position.

The easiest type of ab stabilizing exercise is the **plank exercise**. To do a plank, simply follow the instructions below:

- **Put your hands on the ground** under your shoulders
- **Kick your feet back** behind you until the only two things on the ground are your hands and toes
- **Drop down from your hands to your forearms**, touching from your elbows to the tips of your fingers on the ground and...
- **Hold this position**, keeping your glutes tight and your back in a straight line for time (check the picture below for an example)...



**The last point is important about squeezing your glutes and keeping them tight in this position.** If you don't do this I find that many people will let their butt dip down and this puts a lot of stress on their lower back. Don't do that. Keep your butt-cheeks squeezed (like you're pinching a quarter between them) and it will keep your back in the right position.

Here's a couple more examples:

- **Yoga Core Strength Moves** - like the triangle and side plank are core stabilizing moves...
- **Swiss Ball Planks** - are the evil version of regular old planks...

- **Pushup Position** - if you're having a hard time with the plank then it might be easier to do the pushup position for time or...
- **Do the above on your knees** - if you're having a REALLY hard time with any of the stabilizing moves above you can always make them easier by going to your knees...
- **Sitting Crunch** - this exercise is DEFINITELY a stabilizing exercise!

## How To Add Them Into Your Ab Workout Routine?

Well, first off your strength training routine will be giving you a lot of core stabilizing work, so that's good. So you could just start off by picking an exercise like the plank and at the end of your regular resistance training (not before), you could work the plank exercise(s).

Try to hold the position for time, and see if you can beat it over the next two weeks. Then after the ab stabilizing exercises you could move on to some direct ab work right after it — doing some hard ab exercises like the hanging leg raise (which I'll cover in the next article in this series).

Follow the tips in this article and you won't go far wrong because these are some of the best *core training exercises* out there!

# Core Strength Yoga - Build A Stronger Core With This Yoga Move



If you're wondering why a guy who recommends deadlifting, squatting and overhead pressing and all kinds of other "tough guy" stuff would write an article about **yoga core strength**... then you probably haven't done yoga.

I actually like it, for a couple reasons:

1. **Lotsa women contorting themselves in tight clothing:** nuff' said...
2. **It's calming:** I don't know about you, but I don't regularly take an hour to do any "moving meditation" and it really helps relax you...
3. **Stretching:** I've been in martial arts my whole life but a lot of the poses I still get a good stretch with...
4. **Core strength:** yes the buzz word "core strength" — yoga does have some moves that are good for this...



## A Great Yoga Core Strength Move - The triangle

I'm not sure what the name is in yogi talk (sorry, I'm such a "guy" about this), but the triangle move was pretty stressing to the core last time I tried it.

There's two versions, one where you're twisting through with your opposite hand up (like in the picture) and one where you're not... I found the twisting one to be harder.

## Another Great Yoga Core Strength Move - The Side Plank

The basic version of this move, the side plank, is one you see all the time labeled as a "core exercise". It forces your body to use your abs and back to keep your body in a straight line... but it gets absolutely CRAZY when you try to do the advanced versions of this move.

I was trembling like a leaf in a strong autumn breeze after a couple of seconds of extending my foot and arm towards the sky (like in the picture)... and the arm bracing me on the ground was doing its best to support my



weight.

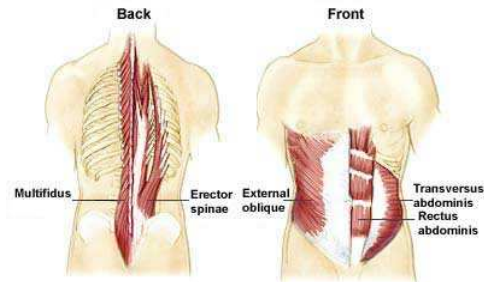
## **“Yoga Aint For Tough Guys!”**

That’s what I used to think, but I really dig it. And I think if you try these two *yoga core strength* moves, you will too!

# Core Muscle Strength - My New Favorite Core Exercise

If you're looking for an exercise to build extreme **core muscle strength**... then you're going to want to read every word of this article!

Everyone wants six back abs, everyone wants a strong core. It's important for MANY reasons and the term "core strength" has become the latest buzzword in fitness and strength training over the last couple years.



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Here's the thing though...

## **Most people are dead WRONG in how they train their abs!**

Most people when they think of doing ab exercises think of crunches, situps, reverse situps, and the like — they think of doing ab exercises by doing trunk flexion exercises.

But how many times in your everyday life or in athletics do you perform these trunk flexion movements? Do you find yourself bringing your chest to your knees or your knees to your chest a lot?

Not often!

## **Your abs are stabilizers!**

Your abs main job is to support your torso upright, support your spine, and keep your body "stabilized". That's why the more core strength you have the more athletic you are because your core powers every other part of your body.

So if you want to train your abs to get stronger, then you need to train your abs to get stronger at performing stabilizing movements.

## **Enter "The plank"**

The most basic form of stabilizing ab exercise you can do is called "the plank". Basically you get down in pushup position, toes on the ground, but instead of your hands touching the ground — your elbows to fingertips (forearms) are.

Then you use your core strength to hold your body in a completely straight line... this is a beginner's move.

## The EVIL Version Of The Plank!

Want to build extreme core muscle strength? You need to make this exercise harder. You could lift one arm or one leg (or both) off the ground to make the abs work harder... but that's still not THAT hard.

You're a tough guy (or gal) right?

Try this: Grab a swiss ball (also called an exercise ball) — those inflated rubber balls you see people doing crunches on all the time.



Then you simply put your elbows, just your elbows on this ball, and walk your feet back into the standard plank position you would do on the floor.

The added instability of the swiss ball underneath your elbows (instead of the floor) makes the exercise TEN times harder! Hold it for time: go for 1 min, or 30 secs. Do 1-3 sets and you're done. Note: if you start to feel your lower back "dip" down and hurt, make sure you're flexing your glutes to keep this from happening and maintaining extreme tension in your core.

When you can't hold your body perfectly straight anymore — it's time to end the rep. So go out there, put this exercise to work and build amazing *core muscle strength* today!

# Sitting Crunch - What Is It? How To Do It?

So yesterday, I wrote a blog post about an Ab Workout Plan — and of the exercises I mentioned a lot is the “**sitting crunch**”. I have a feeling that people aren’t going to know what I’m talking about.

Plus, I took a quick look on Google and couldn’t find a good description of the actual exercise I was talking about, in fact, I couldn’t find ANY description. Only someone sitting at a chair and doing a crunch in that position.



## Why The Sitting Crunch Works So Well

Your abs were not designed to do a lot of flexion and “crunching” movements. In fact, their main purpose is to just stabilize your spine and keep your torso upright and provide the power to move around your body parts.

That’s why when you hear people talking about “functional core training” you often hear them talk about exercises that stress the stabilizing aspects of this part of your body — your core.

And it’s true — training your abs in this manner is more functional and has more carry over to daily life and athletics (think about it: how many times have you had to “crunch” your torso down in every day life? Maybe getting off the floor or something but your abs are used to stabilize your body 100x more each day than they ever do “crunching”).

Here’s how to do the sitting crunch, it’s a challenging ab exercise I assure you.

## How To Do It - Start Position

- Sit on your butt
- bend your knees, the closer your feet to your butt the harder it is.
- Hands on your knees.
- Look at the crappy stick figure picture below (side view)



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### Start The Exercise

- Keeping your butt on the ground and your hands on your knees
- Slowly, keeping your torso as upright as possible (keep your lower back flat) begin to lean back...
- You want to keep leaning back until your arms are completely straight and your butt is still on the floor, your feet haven't moved and your hands are still lightly touching your knees
- IMPORTANT: Don't use your hands to hang on to your knees or help you keep from falling back, your fingers should be barely touching your knees not helping you!



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### The Hard Part

- Once your arms are all the way extended and your torso is leaning back
- Let go of your knees with your hands and slowly raise them above your head
- You should feel your core working over time to keep your torso upright, shaking and all that...



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### **Finish It**

- Slowly lower your hands all the way down to your knees and
- reverse the movement till you're sitting in the starting position again
- That's one rep!

So that's one rep of the *sitting crunch exercise* and that's how you do it! It's a great exercise to do because it makes your abs work over time to stabilize your body and hold it upright — it's really hard if you're doing it right — and you can increase the difficulty by holding your hands overhead for longer on each rep. Try it and you'll see.

# How To Do Hanging Leg Raises

This short article will teach you **how to do hanging leg raises** because it's one of the very best "hard" ab exercises you can do. To recap, let's cover just some of the reasons why this is such a great exercise:

- They **strengthen your abs (especially your lower abs!)**...
- They **decompress your spine**...
- They **stretch your back**...
- They **help Correct Lordosis by training you to tilt your pelvis posteriorly** and up...

Sounds great right? Let's get started then! *(note: all images in this post of Olympic lifters are property of Dehwang\_on flickr)*



## The Answer To "How To Get Lower Abs?"

I get a lot of questions about people wondering how to get their lower abs to show through... what exercises are good for the lower abs, etc

The real answer is you won't see your lower abs until you get your body fat low enough, but as far as exercises go that work this part of your body well, the hanging leg raise really can't be beat.

## The Strength Athletes Choice!

Another point I'll make before I get into the specifics of how to do the exercise is that many, many world class athletes use the hanging leg raise in their training... and... not many "regular" people do.

Olympic weightlifters, record-setting powerlifters and legends like Bruce Lee all do/did hanging leg raises and your average gym rat will say "it's too hard" or "I can't do high reps for tone" when asked if they do this exercise.

Don't be like everyone else. Instead, step into the legacy of truly strong men and women who have a rock-solid midsection and start doing this exercise too.

## Setting Up The Hanging Leg Raise

You'll want to hang from a pullup bar, I got the kind you put in your doorway and it works fine. Grab the bar with a pronated (palms facing away from you) grip like the picture below:



Then before you start you don't just want to hang there, keep the following in mind:

- **Thumbless Grip** - to work on your grip strength, forget the thumbs. This will also help you get the proper mid/upper back involvement into the exercise when you start doing it.
- **Straight elbows** - don't flex your arms, just keep them straight b/c it stresses your shoulders. If you're having a hard time with this, think of flexing your tricep muscles like when you're having a hard time keeping your arms straight for deadlifts...
- **Shoulders into their sockets** - Pavel Tsatsouline talks about pulling your shoulders into your sockets in overhead lifts and this exercise to protect your shoulders, you'll want to do it too. Think of flexing your arm pits, you'll notice you move a little closer to the bar if you do it right.

## Executing The Hanging Leg Raise

- **Stay Tight** - keep your shoulders "in their sockets"...
- **Breath** - breath deep down into your stomach...
- **Push the bar down** - as if you're trying to bring it forward a couple inches and down to meet your legs...
- **Legs Straight** - keep your legs straight and tight together...
- **Think SLOW** - no jerking or using momentum, be slow, be strong!
- **Raise em'** - while pushing down on the bar, raise your legs higher and higher towards the bar...
- **Torso Upright** - keep your upper body and head as upright as possible...
- **Feel it in your lats** - if you're pushing down on the bar enough you'll feel your lats activated a little bit...
- **Touch the bar with your toes** - keep going till your toes touch the bar...
- **Lower Slowly** - and you'll really feel it, then get ready for another rep...



## “What If I Can't Do A Full Rep?”

You might not be able to do hanging leg raises with completely straight legs at first, that's ok. You can still do this exercise, but just keep your knees bent and tucked up.

You'll still follow all the directions above, but you just won't be touching the bar with your feet — instead you'll bring your knees up as high as possible and most likely be touching your elbows with them.

This will work the same movement and start building strength. Then what you do is you progress your way towards a full hanging leg raise with straight legs. To make it easy on yourself you start by raising your legs bent then straightening your legs and controlling them as you lower them/slowly letting them down.

If you hadn't noticed by the article on how to do pullups, this is how you train most exercises that you can't do a full rep of yet. You make the concentric (the first half of the movement) easy some how and then slowly do the eccentric motion (the lowering or "second half" of the movement) under control the correct way with no assistance. The reason why is because most people are strong enough to do the "negative" parts of exercises correctly and under control, even if they can't do one full rep of the exercise regularl, and this builds strength through the specific movement pattern. Pretty soon, you'll be cranking out full reps.

### **“How Can I Make It Harder?”**

First off, if you're doing these the very first time and you're doing them slowly and under control, then a standard 5 x 5 scheme after your strength workouts should be pretty challenging. Focus on doing them slowly, and under control with no momentum and it's pretty challenging.

If that's still too easy for you (you stud you!) then you could of course add reps to the exercise, and go from there.

There's also a lot of ways to make it more challenging, you can play with these ideas:

- **Knees bent with a weight plate** - do it with knees bent, but throw a weight plate in your lap...
- **Light dumbbell between your ankles** - you could put a really light dumbbell between your ankles and keep your legs straight...
- **Touch on the sides** - like a windshield wiper, you could touch your toes on either side of your arms before putting them down...
- **Pullups in L-Sit** - you could do a hanging leg raise, then on the lowering part stop at the point where your legs are 90 degrees (the "L-sit" position) and then do a pullup, then lower and repeat...

If you come up with any other cool ways to do this drill then just let me know. It really is challenging and you'll quickly learn *how to do hanging leg raises* if you follow the information above.

# Ab Workout Plan?

I sometimes get asked, “whats a good **ab workout plan**?” so I figured I’d do an article on how to best train your abs so you get that flat stomach, or even ripped abs work.

## The Problem With Ab Workouts

Most people who want abs think you should do 100’s of crunches, hundreds of situps, or other ab exercises to really get those abs...

They figure all the “targeted” work to their midsection will do two things: 1. Burn fat there and 2. build muscle tone/ripped/flatten it.

But it doesn’t work that way...

## My Story: YEARS and NO Results

So when I was 12 years old to 14 years old I was OBSESSED with getting abs. Actually, I was obsessed with Bruce Lee. I was on my way to earning my first degree black belt. I’d come home from school go in my basement and train for a couple hours every day.

I got a book on Bruce Lee’s training methods, it had a lot of his routines in it, and some days I’d go running like he did... lift weights on other days like he did... but I always did my abs like he did.

Bruce felt you should train your abs every day and it worked for him so I kept doing them every day too. I’d train them down stairs and then many nights before I went to bed, I’d do 100’s more situps, leg raises, crunches, etc before hopping in bed.

I never got em back then... but I guess I had pretty strong abs.

## 3 Keys To Getting Abs

To get abs, it takes more than ab workouts, it takes 3 things:

- **Strength Training** – you wanna have lean muscle on your body to help you burn fat and so your abs look good...
- **Proper Cardio** -- to burn fat over your WHOLE body, and consequently burns fat around your abs and...
- **Proper Diet** – because no matter how hard you work in the gym, it’s not gonna do anything for your waist if you’re not eating right. “you can’t out train the kitchen table” is a great saying because it’s true.



With this in mind, your three part plan to get great abs should include doing strength training, eating right per my guidelines and doing cardio.

This will get you down to 10% bodyfat for men (about 15% for women) or a little less and you'll start to see your abs by then.

With that said, I'll give you a few ab workout routines here (these are straight from my days of doing Bruce Lee workouts, along with some stuff I've learned along the way towards the end!).

What you want to do is everytime you train your abs (on your cardio days works well for people or on your strength training days works well — 3-4x per week is all that's needed you do NOT need to do them every day)... just pick a plan and do it, then the next time do the next one, etc...

### **Ab Workout Plan 1.**

These are all performed in a circuit fashion, meaning you do the prescribed number of reps for each exercise, then go to the next with no rest, the next, and so on... that's one "set". Then repeat the process if it calls for it.

- Sitting Crunches — 10 reps
- Crunches - 10 reps
- Oblique Crunches - 10 reps
- Leg Lifts - 10 reps
- Bicycle Crunches - 10 reps
- Sitting Crunch - 10 reps

Then sometimes I'd repeat the whole circuit again for a second set.

### **Ab Workout Plan 2.**

- Leg lifts - 4 sets of 20 reps
- Situp with twists at top - 4 sets of 20 reps
- Situp - 20 reps
- Crunch - 20 reps
- Situp - 20 reps
- Crunch - 20 reps

### **Ab Workout Plan 3.**

This is done as a super-set: do the first set of reps on the first exercise (a-1), then the first set of the next exercise (a-2), then go back and forth like that until the prescribed number of sets/reps for each exercise is done.

- A-1: Leg raises - hanging from a bar - 5 x 5 (5 sets of 5 reps)
- A-2: Ab rollouts with ab wheel - 5 x 5

## **Ab Workout Plan 4.**

- A- 1: Swiss Ball Planks - hold for 1 minute
- A-2: Full Contact Twist - 5 reps each side

## **The Bottom Line?**

I train my abs less now than I ever have in my whole fitness “career” and yet I’ m getting more lean, a more ripped mid-section and looking better than ever.

To REALLY get eye-popping eyes, you need to do more than ab workouts. You know what the best ab training in my program is now? Really heavy squats and double (approaching triple) by bodyweight deadlifts. These full body training movements DEPEND on you having a strong core — or your body collapses.

That being said: if you’re already doing the 3 keys to getting abs above, then be sure to give this *ab workout plan* a try!

# Do You Make These Common Abdominal Training And Nutrition Mistakes?

The article below will reveal just a few of the eating and exercise mistakes you're making right now. If you change just a few of these mistakes, you'll lose your stubborn belly fat and get leaner *MUCH* faster and easier.

**Please click the box next to the mistake if you are currently using this method (or you are planning on using this method):**

- Mistake #1:** Do you do long distance aerobic training or long cardio sessions to burn fat?
- Mistake #2:** Do you try to eat 4 to 6 times per day in an effort to speed up your metabolism, burn fat, and "feed" your muscles?
- Mistake #3:** When you exercise, do you ever workout for more than 45 minutes?
- Mistake #4:** Do you perform lots of crunches, situps, or use ab machines to flatten your stomach?
- Mistake #5:** Do you ever buy "health" foods or "diet" foods sold in supermarkets in an effort to lose weight?

## Get The Scientific TRUTH About Losing Belly Fat And Getting a Lean Body!

If you checked two or more boxes above, then you can most likely *double* your current levels of fat burning progress and re-shape your body in 8 weeks or less (and by doing LESS than the above).

If you would like to discover how you can fix these mistakes and make more health and fitness progress in the next few months than you have made in the last few years... then you need to read today's Tuesday, February 17 edition of *The Lean Body Report*. To get it, please follow the links below...



[Women Click Here](#) to discover the 5 mistakes you're making that are keeping you from a flat stomach... why Oprah and 99% of women can't lose weight permanently... and several more unique scientifically PROVEN techniques for losing stubborn tummy fat and getting a tight sexy stomach like the woman in the picture...

[Women Click Here to Read More](#)



[Men Click Here](#) to see the 5 mistakes you're making with your eating and workouts... discover how Brad Pitt got his ripped abs (and how the cast of 300 got so lean)... see the REAL secrets for losing your gut and carving out ripped six pack abs like the guy in the picture.

[Men Click Here to Read More](#)