

# LOWER ABSHRED

*INCREASE YOUR  
INTENSITY,  
INTENSIFY YOUR  
RESULTS*

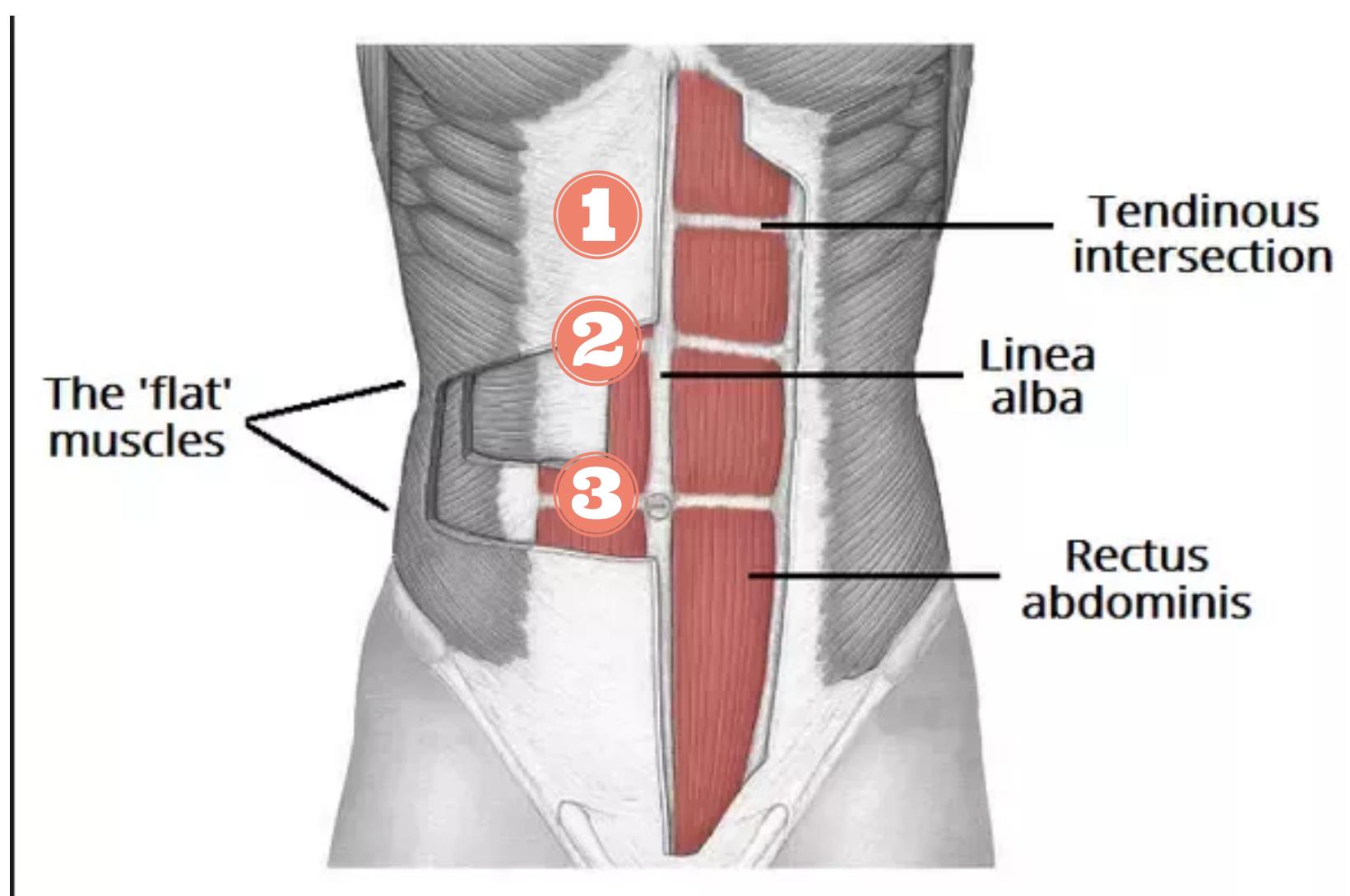


"Abs are made in  
the kitchen,  
not in the  
gym..."\*\*

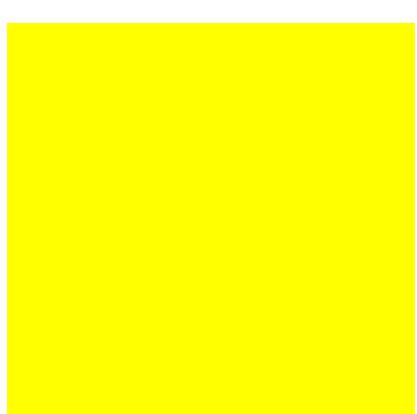
\* BUT NOT REALLY

# THE PHYSIOLOGY

What your abs look like, that is, whether you have a 4-pack, 6-pack, or 8-pack, is actually determined by your genetics. According to an article on [openbarrefitness.com](http://openbarrefitness.com), "Contrary to popular belief, this isn't entirely dependent on how strong you are, how much belly fat you have, and which specific ab exercises you practice. You actually have a genetic limit to how many 'packs' your abs can reach. Once your abs are sculpted enough and fat content is low enough, the definition of the rectus abdominis will begin to show... These muscles are made of two parallel muscles, but what makes them appear to be either 4, 6, or 8 muscles, is the number of ... bands of connective tissue that function to keep the muscle in place to continue performing its' specific function."



③ Tendinous intersections = 6-pack abs



# THE GUIDELINES

- Perform this program for 4 weeks then switch to another workout; your body will get used to the exercises, and stop adapting.
- Train abs 2-3 days per week. Alternate between these workouts. Like any other muscle, your abs need time to rest and recover.
- Do at least 20-25min of high intensity cardio intervals 2-3 days/week, and 20-30 minutes of low-intensity cardio on off-days, but don't let these workouts impair your recovery, or limit your performance for real workouts.
- Pairs of exercises, i.e. 1A & 1B, are “Supersets”; meaning exercises performed back-to-back without rest.
- The 3-digit number beside each exercise represents the lifting tempo, i.e. Kneeling cable crunch – The number is 2-0-1. Take 2 seconds to crunch down, and without pausing, let yourself come back up in 1 second or less.
- Do only one to two circuits in Week 1, then increase to 3-4 circuits by the end of week 4.

# THE WORKOUT

## Ab Circuit 1

- A1) Hanging Leg Raise – 10 reps (2-0-1)
- A2) Kneeling Cable Crunch – 12 reps (2-0-1)
- A3) Cable Chop – 10 reps per side (2-0-1)

- Rest 1 minute

## Ab Circuit 2

- A1) Stability Ball Curl-up – 15 reps (3-0-1)
- A2) Stability Ball Rollout – 8 reps (2-0-1)
- A3) X-Body Mountain Climber – 10 reps per side (1-0-1)

- Rest 1 minute

## Ab Circuit 3

- A1) Plank with Arms on Ball – 30 second hold
- A2) Stability Ball Jackknife Rotation – 10 reps per side (1-0-1)
- A3) Side Plank – 45 second hold per side

- Rest 1 minute

## Ab Circuit 4

- A1) Hanging Leg Raise with twist – 10 reps (2-0-1)
- A2) Standing cable anti-rotation – 10 sec per side
- A3) Palloff press - 10 reps/side

- Rest 1 minute

## Ab Circuit 5

- A1) Crunches – 15 reps (3-0-1)
- A2) V-ups – 20 reps (2-0-1)
- A3) Lying side toe touches – 10 reps per side (1-0-1)

- Rest 1 minute



# THE END

While the routines in this e-book will come in exceptionally handle in whittling your middle, they are not the be-all, end-all of fat loss. In conjunction with enough cardio and a caloric deficit, you'll be able to see significant changes in your body composition.

It's that simple my friends; you just have to go out there and do it!

***Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar.***

***Keep intake to levels that will support exercise but not body fat.”***

***- Greg Glassman***



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