

REVEALED: AB SECRETS



NEVER BEFORE RELEASED SECRETS:

BETTER ABS WITHIN TWO WEEKS GUARANTEED!

1. **Myths of Abdominal Training: THE TRUTH ABOUT ABS**
2. **Stability ball training is for girls: These moves will change your mind forever!**
3. **GET SHREDDED: Core for Cardio**
4. **Secret Ab Routine: How I get my abs ready for the magazine**
5. **Breathing: Master these techniques and your abs will never look the same**

MYTHS OF ABDOMINAL TRAINING: THE TRUTH ABOUT ABS

Taking breaks in between sets is beneficial

Most of the meatheads that you see walking around the gym do some crunches then take a break. After a minute or so, they walk over and do 10 to 15 knee raises and then rest for another minute. THIS IS PATHETIC! If you think you are going to shape perfect 6 pack abs off of some pussy ab routine like this you are crazy!

Perfect abdominals requires consistency, pain, perfect form, and ACTIVATION. That's right your abs must be activated the entire time you are training them, anywhere from 10 to 30 minutes straight. No rest between sets!

You don't need to do more than 15 reps per set

15 try 50!!! If you can't do at least 50 reps for 10 or more exercises in a row then get to work! Nobody said it would be easy to carve out the hardest earned part of the physique. Blast your abs until they can not take anymore then blast them again!

ABS ARE MADE IN THE KITCHEN

I would go so far as to say that over 80% of ab definition is made in the kitchen. However the other 20% is what will separate your abs into blocks of rock hard muscle, with deep cuts that tie into a lean pair of perfectly shredded obliques with veins running throughout.

These muscles are working all day, they need tremendous amounts of volume to see the deep cuts that look like they are chiseled out of granite. Remember don't cheat the body, there are no shortcuts in the ab game, pay your dues!

STABILITY BALL TRAINING IS FOR GIRLS: THESE EXERCISES WILL CHANGE YOUR MIND FOREVER!!!

You always see girls and that wimpy out of shape trainer at the gym using the stability balls, and think to yourself what a joke! Don't be fooled by most people's ignorance! These stability balls will greatly improve your body's ability to perform at the highest level possible.

Put your ego to the side, again, and grab the stability ball. These moves will make you look at things a little differently.

PLANK: ELBOWS AND FEET ON STABILITY BALL

Begin by placing your elbows on the stability ball with your arms at a 90 degree angle. Next put one foot onto the stability ball that is behind you. As you slowly straighten out your midsection begin put the other foot onto the rear stability ball. Once you achieve balance hold for 90 sec. This is no joke... if you can pull this off then you are the man. If that's a little too hard then try the following move.

PLANK: HANDS ON MED BALL FEET ON STABILITY BALL

Hold yourself over a 10lb medicine ball, keeping the ball directly under your chest and your arms slightly bent so that they are not locked out. Next, put both of your feet on a stability ball, preferably a medium sized one. Your head will be facing a downward position which will put extra stress on your upper pecs, delts, and of course your core will be working overtime.

STABILITY BALL OBLIQUE CRUNCH

Take the stability ball and walk over to the wall. Set the ball down relatively close to the wall, approx 18 inches. Then place the side of your hip on the ball. If you place your left hip on the ball you will stagger your feet so that your left foot is flat against the wall and the left knee is locked out. Your right leg is on top and bent on nearly a 90 degree angle with just the balls of your feet touching the wall. Then, you will place your left hand and right hands behind your head. Go up 3 sec and down 3 sec, slowly contracting your obliques, feel every little muscle on the side of your abs work like crazy! Repeat for the other side, go back and forth between sides without stopping. If that wasn't complicated enough try the advanced version below.

SIDE CRUNCH WITH TWIST

Assume the same position from above and this time we will make a slight change. At the top of the motion rotate your elbows and core in the same direction as the side of your body that's not on the ball; If your right hip is facing up twist to your right.

FROGGY CRUNCH ON BOSU

The bosu ball is the half ball, usually blue on top. Grab the bosu and take a seat directly on the center of it. Lean back on a 45 degree angle, slowly spread your arms as if you were going to give someone a hug, then lift your feet off of the floor so all of the tension is on your core. Next, bring your knees to your chest and bring your arms around as if you were hugging your shins. Repeat for 30 reps.

AB ROLLER WITH BALL

Kneel down in front of a medium size stability ball. Straighten out your arms so that your elbows are locked out. Next you will raise your feet off of the ground so your knees are the only thing touching the floor. You will then let the ball roll forward, similar to the ab roller everyone as seen that is a small wheel. When you are at the bottom of the position

your back should be perfectly straight and when you come up be sure not to push your glutes back to make it easier, your core should be doing all the work.



GET SHREDDED: CORE FOR CARDIO

These moves focus on total body muscle fiber recruitment, but I guarantee they will help change your abs forever!

No. This isn't some sort of quick fix, melt the fat away in 5 minutes thing. You're going to have to dedicate some time to just be able to get into some of these positions. But, that's part of the fun. You will watch your balance and stability get better each time you try this stuff.

And get over your fear of doing something different. You wanna look like everyone else then train like everyone else. You wanna look different? You wanna look better? Then try new things. Shock your body. And this is the shock you need.

The only way this exercise plan is going to work is by learning to count and concentrate. Get into position and count. Slowly. You want to hold them for 15 second intervals to start. Then rest for 15. Then hold for 15 more. Then rest.

You get to the point where you can do the 15 seconds on 15 off for 5 minutes, then step it up a bit. 30 seconds on 15 off. Then keep increasing the time you hold the moves.

You'll have the whole gym talking when you're holding these moves for circuits that last 20, 30 even 45 minutes with minimal rest between exercises.

And yeah...it's way more fun than the treadmill or the stair stepper. The only problem is you won't be eyeing that nice ass in short shorts...

GETTING STARTED

First you've gotta make get the feeling for some of these position. There are three basic moves.

- 1) The plank - Forearms flat on the ground. Body flat and up on your toes. You want your arms to form a perfect L. Don't rest on your arms. Actively use them. You don't want your ass to raise or fall. Keep your abs tight. Neck stays neutral. Don't worry about looking up or down. Just hold your head in a comfortable position. And breath. When this is easy to hold, try lifting one leg at a time. Then try lifting an arm. Now try lifting the alternate arm and leg. It's all about pushing yourself.
- 2) The pushup - Sounds stupid. Everyone's done pushups. Now try them with one leg up. Hold it. Do them incredibly slow...like on a 10 count. Hold the up position for a 30 count. Hold the down position for a 30 count. The whole time keep your abs tight. Never let yourself sag or arch your back.
- 3) The kneel - Now, go over and grab one of those big rubber balls. You know the ones all the trainers have people doing things on. The ones you always thought looked stupid. Kneel on it. Seriously. Your thighs and abs are going to hurt like you've never felt. Get to where you can balance up there. Now, try moving around a little. Learn the feeling of using your entire body to hold yourself erect. It's way harder than you think.

GETTING MORE ADVANCED

Now, you can hold the plank and the pushup. You can kneel on a stability ball without falling off and cracking your face on the cement. Time to turn it up.

- 1) The plank - Now, place your forearms on a bench and put your feet up on a stability ball. Hold it. Keep your body flat. It's all about good form. When that gets easy, turn around. Yeah. You read that right. Feet on the bench and forearms on the ball. Pay attention to keeping your arms making that L. Don't rest there. Work. And if this is easy try pushing your arms forward. You'll fire up your core muscles like never before.
- 2) The pushup - Keep that stability ball close. It's going to be your friend. Put your feet up on the ball and your hands on the floor. Do your pushups. Turn around again. Hands on the ball with feet on the floor. Do a pushup. Hold it. Start trying to lift a leg. Change it up. Remember to do all the things you did when first starting this workout. Slow counts. Hold the position. It's all about changing it up and getting your heart rate up.
- 3) The kneel - You've got kneeling down. Now, grab a set of light weights. No need to get macho. Grab a 5 or a 10. Try some lateral raises. Do some overhead presses. Hold them out in front of you. Knock out some curls. Now do them alternating. It's going to throw your balance off. You're going to have to work to keep everything balanced.

A CORE STUD

You're knocking out 30-45 minutes of core and stability moves like it's nothing. Everyone's talking to you wondering how the hell you came up with such crazy things to do. Hell, even the girl with the hot ass from the elliptical machine has started eye balling you. Plus, bonus...you're making headway in the body fat department...you're leaning out. Time to turn it up again. Go over and grab another one of the stability balls...and a medicine ball...and the BOSU (the half ball with a platform on top). It's time to get really crazy.

- 1) The plank - Wanna really blow them away? Rest your forearms on one ball and put your feet up on another. You are gonna sweat. You are gonna be shaking. You are gonna be squirrely. But once you do it you're gonna feel incredible. Deep inside your core is working harder than it ever has. Now, try lifting a leg while balancing. Bring your legs in and try to touch the two balls together.
- 2) The pushup - Do the same thing you did with the plank. Hands on one ball feet on another. Or, put your feet on the ball and do a pushup with both hands on the medicine ball or the BOSU ball.
- 3) The kneel - If you're feeling incredibly daring you can move to standing on the stability ball. Seriously. You want people to wonder what is wrong with you rep out a few squats while standing on the stability ball. Not feeling that daring yet? Kneel on one knee while you put your foot on the ball. Your balance is going to be way off. Kneel and use some of the pulley equipment. Do cable crossovers while kneeling. Do triceps pushdowns while kneeling. Do cable curls while kneeling. The negatives will throw your balance off making you have to work the entire time.

THE DOWNSIDE

These exercises take some time to figure out. There is serious risk to falling. So, take your time. If your gym has mats work on them. You can quickly move from the kick-ass guy doing the cool core stuff to the loser who fell and cracked his head on the incline bench if you're not careful.

And like any exercise. If you do not change it up you will get used to it and plateau.

That said, there's so much you can do with just these three things: the plank, the pushup and the kneel. Be creative. Give it a shot. It is way more fun than an extended session on the treadmill.



SECRET AB ROUTINE

Muay Thai Kicks on the Heavy Bag:

This is the nastiest, most painful thing you will ever do to your body. Very few people have the balls that it takes to begin this kind of training. You are conditioning your bones in this case particularly the middle of your shin.

However once you begin strengthening the bone nothing I repeat NOTHING will work your core as well as this move. This is a crucial element in making your muscles limber and functional. This will recruit muscle fibers in your core that you didn't even know you had.

Once you are able to kick the Heavy bag as hard as possible with perfect form. You will

begin with 30 sec intervals and slowly work your way up to 2 min straight. Alt each side a few times and then move onto the next move.

Decline Leg Raises

In order to properly do the decline raises lock your elbows at 90 degrees and hold onto the bar above your head. SLOWLY raise your legs until your glutes lift off of the pad. At this point your legs will be perpendicular to the ground and you will drive your feet straight up into the air.

Don't limit yourself on reps. Stick with this move until you can do 50 in a row!

Decline Crunch with DB Punch

You will begin by locking your feet and knees around the pad, holding a 5lb DB in each hand. Hold the dumbbells at you shoulders as if you had just done a hammer curl. Slowly lower yourself down until your body is parallel to the floor, and that you are activating your abdominals and not your hip flexors. As you come up punch with your right hand first; this will be a punch to the opposite side that will require you to reach as far as possible activating your entire core. Only punch in one direction then lower yourself down slowly again and repeat on alternate sides. Perform 3 sets of 20 to 50 reps on each side.

Hanging Leg Raises with Straps

Finally, as if your abs haven't had enough punishment already... Hanging Leg Raises! Get the straps into your armpit, and hold onto the top of the strap, make sure that your shoulders biceps and triceps are parallel to the floor so that you are not hanging to low and awkward. From here you will do 5 sets of 20 reps. Start out doing knee raises and eventually go where you can hold your legs all the way out in front of you. Once you can make it through this grueling ab routine your will have pro level ab development!

ONE BREATH AT A TIME

Learning the power of breathing is crucial to seeing massive gains and razor sharp abs. You must first understand that there many smaller muscles that are in your core that are responsible for your posture as well you ability to flex your abdominals.

Rectus Abdominus

The **rectus abdominis muscle** is a paired muscle running vertically on each side of the anterior wall of the human abdomen. The Rectus Abdominus and psoas are deep core muscles that significantly affect your posture. Understanding these muscles will allow you to workout with perfect form as well as have complete core strength and abdominal control. The rectus abdominis assists with breathing and plays an important role in especially when one is out of breath. It also helps in keeping the internal organs intact and in creating intra-abdominal pressure, such as when exercising or lifting heavy weights, during forceful defecation or parturition.

OLDSCHOOL: nail the vacuum pose

Look up pictures of Frank Zane and Arnold Schwarzenegger doing the vacuum pose. This move is an old school bodybuilding move, which seems to have been forgotten over the years. Draw you bellybutton into your spine as hard as possible while breathing out. Also try doing this lying on a decline bench with your hands above your head.

This will often times leave you feeling nauseated, but it is a small price to pay for how tight your mid section will look while hitting this pose. Now you will never have an excuse to not be working out while stuck in traffic.

HORIZONTAL BREATHING

This is a yoga technique that is useful when lifting. You will begin by contracting your diaphragm so your lower abs and back are as tight as possible. You will then expand your rib cage horizontally.

LOWER ABDOMINAL BREATHING

Opposed to horizontal breathing you will draw the air directly into the lowest part of your lungs. This technique is great for relaxation and meditation. It can also be used after a hard circuit to recover more rapidly.

REVERSE BREATHING

Reverse breathing is fairly self explanatory. You will inhale while contracting your abdominals similar to doing the vacuum. You will then press your abdominals out as you exhale. Tricky at first but great for gaining better control over your physique.

Follow these intense ab routines and you'll see results in no time. Guaranteed! These are these exact techniques I use to get those ripped