

INTERMEDIATE

ABS WORKOUTS

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 workouts 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, you'll be performing **2 ab workouts per week**. Each ab workout will consist of different exercises.

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 1

EXERCISE	SETS	REPS	NOTES
Decline (Weighted) Sit-Up	3	10-15	Maintain posterior pelvic tilt, don't arch the back.
Hanging Leg Raises	3	8-12	Maintain posterior pelvic tilt, avoid using momentum.
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.

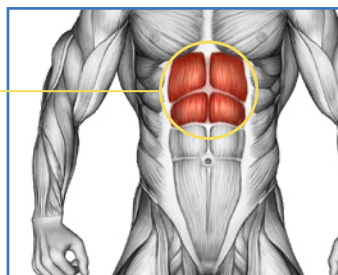
This workout is designed to be performed as a circuit. Perform 1 set of each ab exercise consecutively (one right after the other without rest) and then take a 2-minute rest before repeating the circuit again. The circuit should be done a total of 3 times, meaning that each exercise is done for a total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

E1: DECLINE (WEIGHTED) SIT-UP

TARGET: UPPER ABS



STEP 1 (SETUP)

Sit on a decline bench with your lower legs secured under the pads and your hands across your chest. Ensure that you aren't arching your back when in this starting position.

STEP 2 (DESCENT)

Slowly lower your upper body back until your hips are almost fully extended.

STEP 3 (RAISE)

Raise your body by contracting your abs until your torso is upright. Again, ensure you are not arching your back as you lift your torso up – this is an indication that your abs may not be strong enough for the movement. To make it easier, you can lessen the decline of the bench.

OPTIONAL (HARDER)

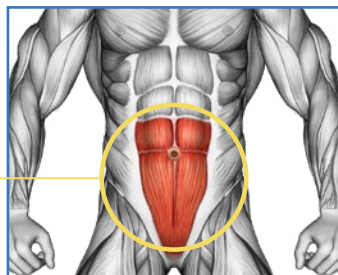
I suggest starting with just your bodyweight by crossing your hands over your chest as you perform each rep, and then progress it by moving your hands to behind your head. Once you can perform 3 sets of 15 reps with your hands behind your head, you can start adding weight by holding a weight or medicine ball at your chest as you perform each rep.



ABS WORKOUT 1

E2: HANGING LEG RAISES

TARGET: LOWER ABS



STEP 1 (SETUP)

Hang onto a bar OR use a “Captain’s chair” where your back is supported – you can start out with the Captain’s chair OR perform lying leg raises and then move onto hanging leg raises once you gain the adequate strength. In any case, start by moving into posterior pelvic tilt by contracting your abs and squeezing the glutes. You want to maintain this posterior pelvic tilt throughout each rep keep tension on your abs and avoid straining your lower back.

STEP 2 (LIFT)

Using your abs, keep your legs relatively straight and lift them until they are parallel with the ground or above. Avoid using momentum to swing your legs up.

STEP 3 (LOWER)

Lower your legs back down in a controlled manner while keeping the tension in your abs. Stop lowering right before your legs are hanging straight down, and then repeat for another rep in order to maintain constant tension in your abs.

OPTIONAL (HARDER)

Once you get to the point where you can perform the hanging leg raises for 3 sets of 12 reps, try performing them by touching your “toes to the bar” (raising your legs higher than parallel to the ground) to further progress them. Another option to overload it is to hold a weight between your feet as you perform the leg raise.



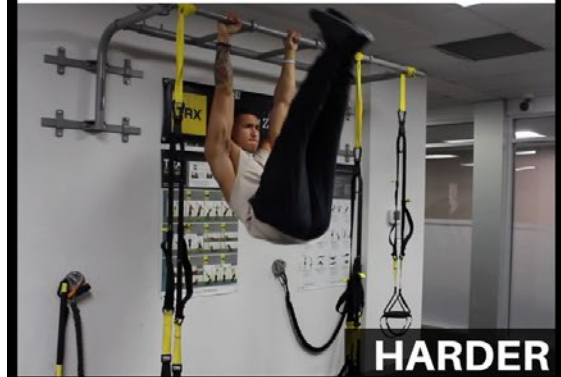
STEP 1



STEP 2



STEP 3

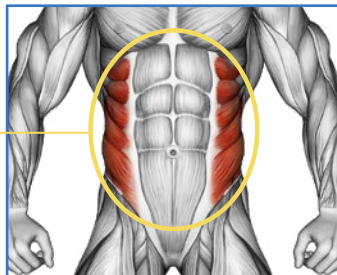


HARDER

ABS WORKOUT 1

E3: 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.

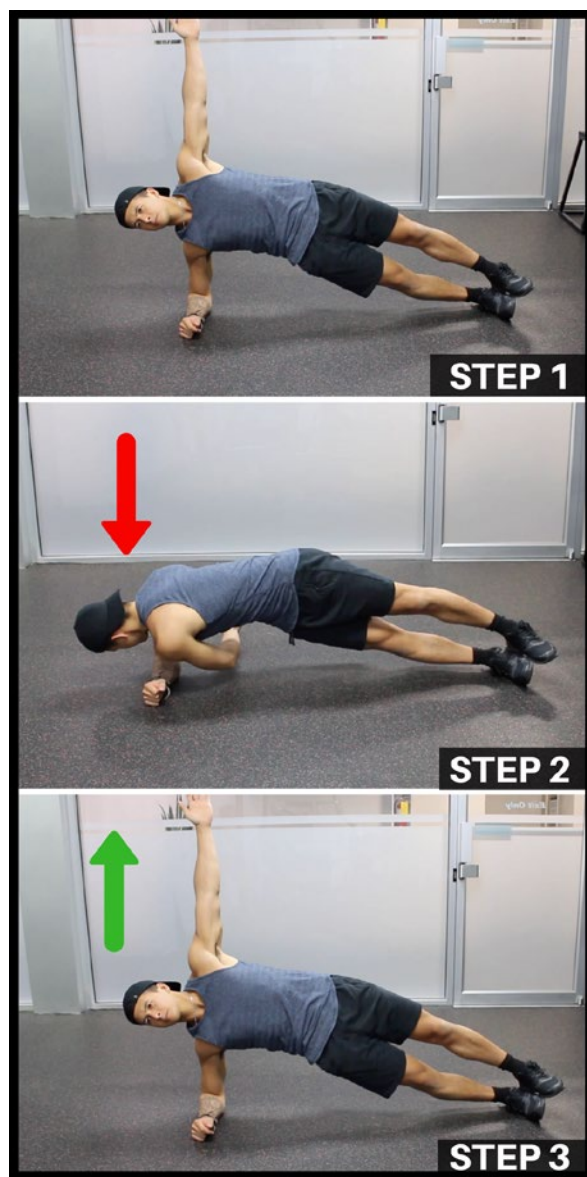
STEP 2 ("THREAD")

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.



ABS WORKOUT 2

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.
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.
High to Low Cable Woodchoppers	3	10-15 per side	Twist your torso, keep hips straight, feet shoulder-width apart.

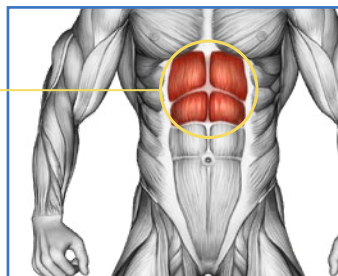
This workout is designed to be performed as a circuit. Perform 1 set of each ab exercise consecutively (one right after the other without rest) and then take a 2-minute rest before repeating the circuit again. The circuit should be done a total of 3 times, meaning that each exercise is done for a total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

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)

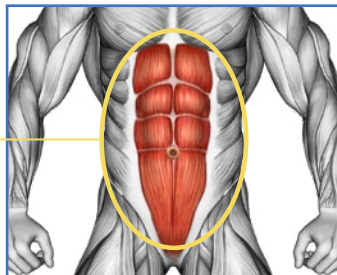
Slowly return to the starting position, but keep the tension in the abs. Repeat for more reps.



ABS WORKOUT 2

E2: 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)

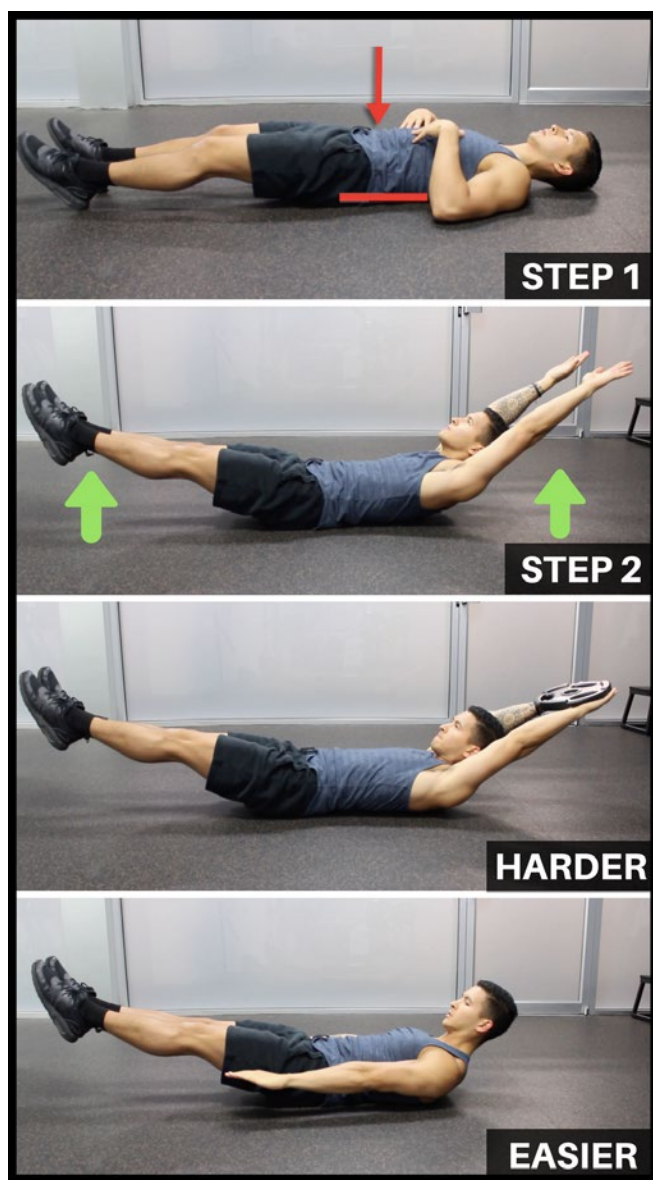
Raise your upper body up off the ground by contracting your abs – raise your upper body such that your shoulder blades are not touching the ground. Simultaneously raise your legs up slightly as well in order to make a “C” shape. Your arms should be extended straight out behind you, but ensure that your 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)

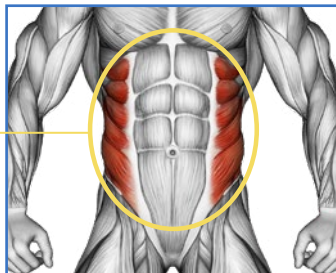
If you can't do this in the first place, try doing the same thing but with your arms positioned straight forward to make it a little easier for you.



ABS WORKOUT 2

E3: HIGH TO LOW CABLE WOODCHOPPERS

TARGET: OBLIQUE ABS



STEP 1 (SETUP)

Use a standard handle attachment and move the cable to the highest pulley position. With your side to the cable, grab the handle with both hands and take a step away from it. You should be approximately arm's length away from the pulley and your feet positioned a little wider than shoulder-width apart and knees slightly bent.

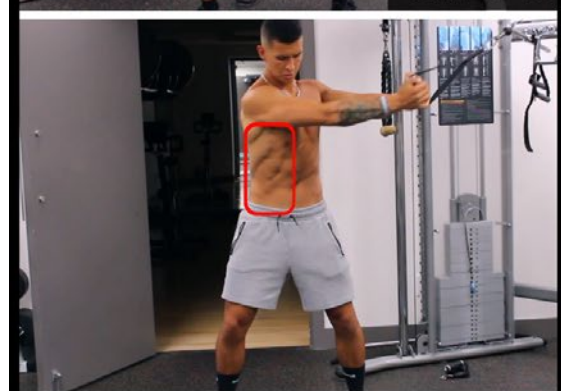
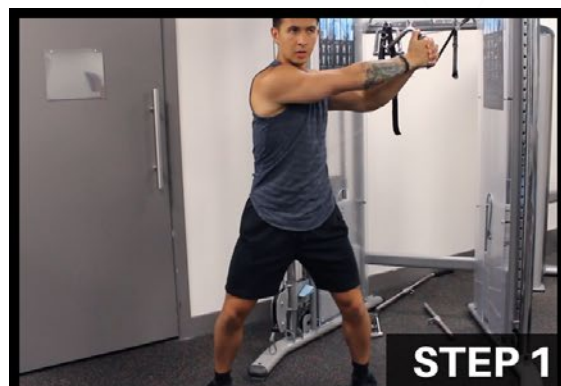
STEP 2 (TWIST)

Pull the handle down and across your body to your opposite front knee by rotating your torso. You should be actively using your abdominals and obliques to move the weight, as opposed to simply using your arms – your arms are just there to hold the weight but it's your torso that rotates to do the moving. Your arms should remain straight as you twist, and your hips should remain facing forward.

STEP 3 (RETURN)

Return to the neutral position in a slow and controlled manner and then repeat for more reps. Add more weight to progress the movement.

You want to feel your obliques working during each rep. For example, when twisting down to the right, you should feel your right oblique working as you rotate your torso to move the weight.



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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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