21st Century 6 Pack Ab Training

Special Report

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Alwyn Cosgrove & Tom Gifford

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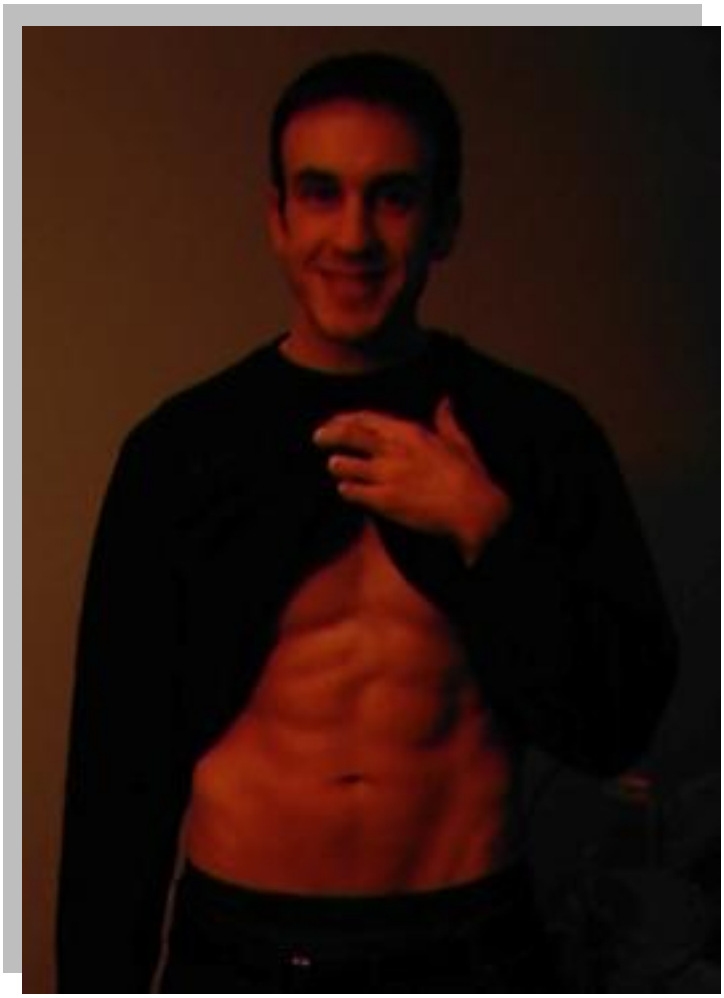

About The Author:

Tom Gifford is a Certified Personal Trainer through the American Council on Exercise. He also holds a B.S. in Kinesiology - Movement Science from Penn State University. He was the only recipient in the country in 2005 when awarded with the Joe Q. Bryant Scholarship by the American Council on Exercise. Tom also spent half a year working as a Biomechanics Research Assistant in Sydney, Australia at the University of New South Wales. Tom is also a mentorship graduate of the Institute of Human Performance in Boca Raton, FL.

As a Fitness Professional, Tom specializes in fat loss training using functional modalities such as bodyweight, stability ball, dumbbells, resistance bands, medicine balls, and more. Tom's fitness training methodology involves combining traditional strength exercises, functional movement training, and core exercises.

Tom is originally from Lancaster, PA

http://www.Tom-Gifford.com – Tom's personal blog regularly updated with fat loss training, nutrition, and motiviational tips.

About The Author:

For the past eighteen years Alwyn Cosgrove has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training.

Born in Scotland and initially exposed to fitness training through an intense competitive sport martial arts background, Alwyn began reading and studying any training related material he could get his hands on. This led to formal academic studies in Sports Performance at West Lothian College and then progressed on to receiving an honors degree in Sports Science from Chester College, the University of Liverpool.

Alwyn is also certified with distinction as a strength & conditioning specialist with the National Strength and Conditioning Association.

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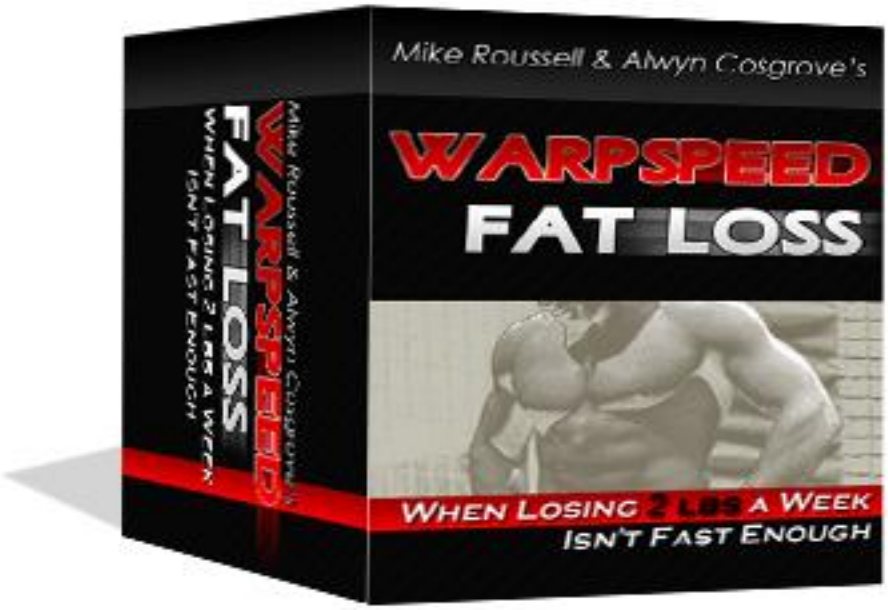

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Chapter 1: Future of Six Pack Abs?

Many people would agree that having slim and well defined abdominals are the foundation of a great body. In fact, one of the mains reasons that many people exercise in the first place is to lose belly fat and get lean enough to be able to see their well defined abs.

Working as a fitness professional, the vast majority of the questions I receive have something to do with fat loss or abdominal training. Everyone wants to go to the beach in the summer time and feel great about being in a bathing suit. We see examples of 6-pack abs each time we go to the supermarket and look at the magazine covers that feature models who have near flawless bodies. There is no doubt that having six pack abs is the pinnacle of fitness in the 21st century.

But there is a BIG problem. Most everyone wants to have the classic "six pack abs" look, yet very few people know the best way to achieve this goal. We all know that there is no shortage of infomercials, ab crunch gimmicks, and fad diets that all seem to promise miracle results with little work required.

These advertisements seemingly never fail to have a person who is incredibly fit attribute their success to some sort of new abdominal crunch machine. It likely comes as no surprise that getting well defined abdominals **is not as easy as we are often led to believe**. It certainly isn't impossible, but you need to have the right game plan that is based on real world practicality and sound scientific principles.

The 21st Century 6 Pack Ab Workouts will show you how to start training your abdominals based on their true functionality so you get superior results without ever needing to do another crunch again.

Unfortunately the "junk information" out doesn't seem to be going away anytime soon. Excessive information has been more than enough to put a lot of people on "information overload".

The information in this book is not going to promise you fast results overnight with little work, but it will provide the foundation for you to start training your abdominals **based on their true**

functionality. However, we would be lying if we said that the abdominals workouts are the only ingredient required for you to get six pack abs.

Before we go any further it is important to realize that the only way to achieve well defined abdominals is to get your body fat levels low enough that you lose the layer of fat that is covering your abs. Reaching this goal does require discipline, structure, and a well thought out plan, but it is certainly within reach for anyone who is willing to put in the work.

Achieving rock bottom body fat % is a topic too large for this book but in order to jumpstart your weight loss as fast as possible we recommend you use the Warp Speed Fat Loss 28 Day Rapid Weight Loss Plan.

The 21st Century Six Pack Abs workouts will likely be new to you as they are different from 99.9% of all ab workouts published in newsstands and bookstores. The biggest factor that makes these workouts different from anything else out there is that it is centered on one basic concept:

NO CRUNCHES OR SITUPS

While that may sound like blasphemy - using crunches and sit-ups to develop your abs is the slow road to a 6-pack because they don't train your abs how they were built to work. Getting six pack abs without doing any crunches may sound counterintuitive to some, but the next few sections of this book are going to debunk the myth that crunches and sit ups will help you get a slim midsection.

We'll present you with the scientific evidence to show you that the non-crunch approach is superior and then we'll give you 6 unique workouts to sculpt and carve out your 6-Pack. Your job is to understand the logic first, do the workouts second, then follow through with an effective exercise and nutrition program. If you could care less about the reason and just want to results - go right to page 20.

1.1 Why Crunches and Sit Ups do NOT Get You Six Pack Abs

Doing countless crunches and sit ups are by far the most common exercise mistake for anyone who wants to slim down their midsection. The thought is that doing hundreds of crunches and sit ups will work the abs so hard that the fat covering them will disappear. If this were true, you would see people walking around with toned and defined abs and a soft and flabby body everywhere else.

Here's something to think about: we're always focusing on the abs but you ever noticed that the people who have the best abs also have a great body everywhere else? *This is by design - not by coincidence*. The idea that doing lots of crunches is going to get you six pack abs is a myth that is known as "spot reduction". Fat burning is not a local phenomenon. When you do bicep curls your biceps do not pull fat from your arm for energy, so why would crunches reduce the fat around your waistline? More on that soon.

If you want to see your abs then know this:

> *It all comes down to the basics of losing body fat, which is calories in vs. calories out.*

In order to lose body fat you need to create a caloric deficit, which means that your body is burning more calories than it is taking in. Your diet constitutes how many calories you are taking in and your level of physical activity is what constitutes how many calories you burn off (in addition to your resting metabolism).

The biggest problem with crunches and sit ups are that they do not give you a very big "bang for your buck" with regard to caloric expenditure. You can spend 15 minutes doing crunches and get your abs working very hard, but you will only burn a small number of calories. This is not enough to have a large impact on losing body fat.

A simple way to understand this is to think about the difference workload between **total body exercise** and **crunches.**

Here is an example to get you started.

If you do an intense total body circuit (ex. squats, pushups, mountain climbers) for 15 minutes and compare that to 15 minutes of crunches, which do you think will burn more overall calories?

The answer is the **total body exercise** because you are working more muscles which in turn makes you burn more calories. The more calories you burn the more fat you will lose on your entire body, thus exposing your abs to the world. This is why total body training is so effective for losing body fat. It gives you a big "bang for your buck" because you are able to get so much work done in a relatively short amount of time.

Doing hundreds of crunches and sit ups are simply not a very efficient way to spend your time exercising. *Your goal with exercising to lose body fat is to burn a lot of calories and to boost your metabolism.*

Despite this overwhelming evidence - the general consensus is that doing crunches and sit ups will help you lose belly fat. It is very common to hear questions such as "I am doing lots of crunches but my waistline is not getting any smaller, what am I doing wrong?"

It is not that crunches are absolutely "wrong"; it is just that they are one of the least efficient ways to burn calories. Trying to use only crunches as your primary means to burn significant calories is like trying to lower your body fat by doing bicep curls, calf raises, or tricep extensions. All of these exercises burn a small amount of calories, because they are working small muscle groups.

Getting six pack abs is simply a matter of having a low body fat percentage. Lowering your body fat comes from creating a caloric deficit that forces your body to use stored fat as energy.

Even though crunches are not the best way to lose belly fat, you will find in the next section that training your abdominals according to their true function can help you get tighter abs faster.

Once you have stripped off all the fat THEN crunches are the best way to sharpen, define, and create a head turning 6-Pack, right??

No.

Keep reading and you'll see why.

Main Lesson: Getting six pack abs is largely a matter of losing body fat. Total body training burns more calories than crunches and sit ups, and it is a much more effective and efficient way of training to get the most benefit in the least amount of time.

1.2 Losing Fat vs. Losing Weight

You often hear people use the term "weight loss". It is so common that is seems to be on the cover of just about every health and fitness magazine out there.

But what exactly is weight loss?

The term "weight loss" is slightly misleading. The most common way to quantify losing weight is to look at the numbers on the scale. It is easy to think that you have successfully lost fat if the numbers on the scale decrease.

Likewise, it is easy to think that you have gained fat if the numbers on the scale go up. While this is true in the simplest sense, it is not entirely accurate*. Remember your total body weight is a combination of your muscle mass, water weight, bone mass, and everything else that your body is made up of.*

The number on the scale is the sum total of several different aspects that make up your bodyweight. This is why the term 'weight loss' is misleading. The question is if the number on the scale decreases then how do you know if you have lost body fat, water weight, or muscle mass? The truth is that since our bodies are primarily made of water, the number on the scale fluctuates greatly due to our levels of hydration.

Point to Remember: From now on you want to focus on losing body fat, not just losing weight.

Sometimes your body retains water if you have a meal that is very high in sodium. You can look at the scale the next day and see that you are 3 lbs heavier, but that weight gain is based on excess water retained as a result of that meal and not 3lbs of pure body fat.

Likewise, sometimes people who start strength training for several weeks will feel their pants fitting more loosly, but the weight on the scale stays the same or maybe even goes up 2 or 3 lbs.

This is not purely the result of gaining body fat from exercise. It is a result of your **body composition changing**.

Body fat is also known as adipose tissue. It is your body's way of storing excess energy that can be used as fuel when needed. If you don't already have visible "six pack abs", it is because you have a layer of body fat on covering them. The truth is that everyone has defined abdominal muscles, but not everyone can see them. The most important aspect of this is to shift your thinking from "losing weight" to "changing your body composition". Changing your body composition means increasing your lean muscle mass, decreasing your body fat levels, and staying properly hydrated.

This whole concept relates back to abdominal training because it is relevant to the myth of "spot reduction".

What is "Spot Reduction"?

Spot reduction is the idea that working certain muscles will make the fat covering them disappear. The obvious example for this topic is the idea that doing lots of crunches will help you lose the fat over your belly. Other examples would be doing the inner/outer thigh machine to try to lose fat around the hips or doing tricep exercises to lose the fat covering the triceps.

So, is spot reduction accurate or is it another one of those myths that have been perpetuated for a long time? If you are leaning towards the idea that it is a myth then congratulations, you are correct.

But the real question is why doesn't spot reduction work?

If you do 1000 crunches in a row, why would it not be enough to help you lose a few inches around your mid section?

While the exact number calories one will burn from doing crunches will differ from person to person it is safe to say the overall message is "not enough" (as we discussed earlier). If an exercise does not help you to burn significant calories then it is not going to be very conducive to losing body fat.

Spot reduction is simply a myth that goes along with the "more is better" mentality. Many people think that "the more crunches I do the more fat I will lose". As you know by now, that is certainly not the case. To lose body fat you have to focus on doing exercises that give you the most "bang for your buck" and having a nutrition plan that primes your body to use stored body fat as energy.

1.3 Body Fat Percentage and Six Pack Abs

Now that we have talked a lot about the vital importance of losing enough body fat to see abdominal definition, you might be wondering what kind of body fat percentage you should be shooting for in order to see your abs.

As you know, the only thing that is preventing you from seeing your abs right now is the fact that there is a layer of fat between your abs and your skin. If you lose enough of that fat then you will start to see more definition in your abs. But at the same time, you want to lose the fat and maintain or slightly increase your lean muscle mass.

6-Pack Abs Body Fat Percentages for Men and Women:
For men, anything under 10% body fat will start to show abdominal definition.
For women, around 14-17% body fat will start to show abdominal definition.

Increasing your lean muscle mass does not mean training and looking like a bodybuilder. It simply means using resistance training to stimulate your muscles to grow so that you will burn more calories and develop a lean athletic shape. If you look at the magazine models you will see that they all have a lot of definition in all over their body. They did not just do cardio and abdominal workouts to achieve this. They trained their entire body with resistance training while simultaneously shedding enough body fat to let their abdominal definition come through.

This is the real key to getting six pack abs.

Once you make losing body fat and adding lean muscle mass your number one priority, you will be on the right track. Eat the right foods, do the right type of workouts, and you will see your abs like you never have before!

Chapter 2: The True Function of the Abdominals and Why Crunches Are Not the Answer

Do you want to know how to sharpen and define your 6-Pack abs as fast as possible?

Train them like they were meant to be trained.

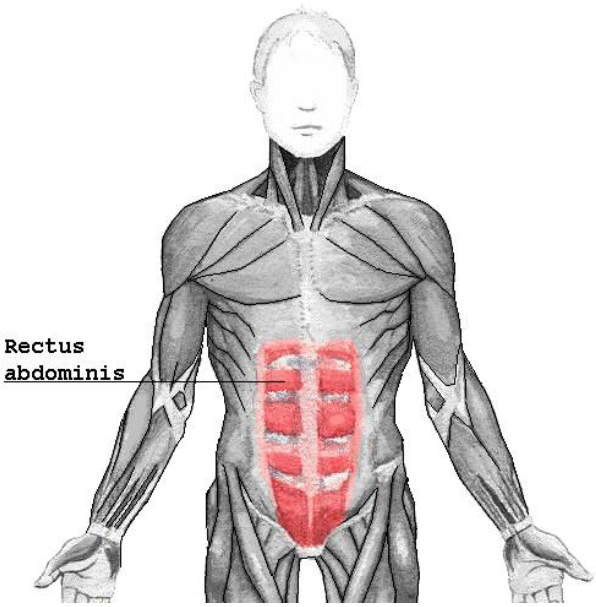
Here is an example to explain what we mean. Imagine a play in an NFL game where a wide receiver catches a 20 yard pass a split second before being hit by a defenseman. The defenseman smashes into the wide receiver by driving his shoulder pads right into the receiver's chest. The hit is so hard that it could be enough to make the wide receiver bend his back about 90 degree the wrong way (this "bending the back the wrong way" is also known as "hyperextension") . This type of hit happens all the time in football games across the country, yet we never see anyone actually snap in half backwards.

So what actually prevents the wide receiver from the massive hyperextension of his back when this happens?

The answer: Having strong abdominals.

Strong abdominal muscles have the ability to contract with a lot of force. This ability is what prevents the wide receiver from bending 90 degrees backward. To further illustrate this lets examine what the abdominal muscles actually look like.

The Rectus Abdominus is science-speak for your 6-Pack.



The abs look quite different than any of the other muscles in your body because they are segmented into several portions. They are not just one continuous muscle like the biceps. When the abs contract they can flex your torso forward (like with a crunch), but that is not what the abs are actually designed to do.

Here is another example. If you are standing and you want to pick something up off the ground, do you bend downward at the hips or do you keep your hips straight and "crunch downward" with your abs?

If you just do a crunch (and do not bend at the hips) you are only going to be able to reach downward a few inches. But if you bend downward at the hips you are able to reach all the way to the ground.

Right?

To summarize what the abs DONT do:
If you are going to bend down and pick something up you are going to use the hip muscles and bend at the waist. There is very little "crunching" needed from the abs to do this motion.

This example requires the abs to function according to what they were naturally designed to do.

But like we talked about before, the abs do have a strong function in **preventing your lower back from hyper-extending**.

If your abs are contracted then you cannot bend backwards with your lower back.

Try this right now: If you are sitting at a desk reading this, draw your belly button inwards and contract your abs really hard. Then try bending backwards at the lower back. If you are really contracting your abs then you cannot bend backwards without slightly relaxing them. **This is the true function of the abdominal muscles.**

But so often we try doing lots of crunches to work the abdominal muscles. When performed correctly crunches can help to strengthen the contractile force of the abdominals, but they are still working the opposite of their true function.

The 21st Century Six Pack Abs workouts will outline some of the most effective abdominal exercises that will work the abs how thye are meant to be trained. This will give you a tighter, better looking 6-pack….***faster***.

2.1 The "No Crunch" Workouts

This manual includes six "crunch free" abdominal workouts with exercise illustrations and pictures. There are beginner, intermediate, and advanced workouts. They were all designed to work your abs to the max, getting you a sharper 6-Pack faster.

These workouts will not only "torch" the 6-Pack part of your abdominals but they will also tighten your obliques and strengthen your lower back (this is important for achieving that "tight waistline" look).

Enjoy!

21st Century Six Pack Ab Training

"No Crunch" Abdominal Circuits

Beginner Circuit #1

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Prone Vacuum Planks (level 1)	1-2	1	30-60 sec	30
A2.	Side Plank	1-2	1	5-30 secs	30
A3.	Mountain Climbers -w/ elbow on bench	1-2	20 reps	211	30

Intermediate Circuit #1

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	SB Prone Vacuum Planks (level 2)	2-3	1	30-60 secs	30
A2.	SB Mountain Climbers	2-3	20	211	30
A3.	Upper Body Russian Twists	2-3	10 LR	222	30

Intermediate Circuit #2

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	SB Forward Roll	2-3	10	222	30
A2.	SB Jack-Knife	2-3	10	222	30
A3.	Half Kneeling Cable Wood-chop	2-3	10 LR	222	30

Intermediate Circuit #3

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Prone Vacuum w. Alt. Arm Lifts	2-3	1	15-30 secs	30
A2.	Prone Vacuum w. Alt. Leg Lifts	2-3	1	15-30 secs	30
A3.	Half Kneeling Reverse Cable Woodshop	2-3	10 LR	222	30

Advanced Circuit #1

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Val Slide Rollout Planks	3-4	12	222	45
A2.	Val Slide Mountain Climbers	3-4	20 reps	211	45
A3.	SB Single Leg Jack-Knife	3-4	12 LR	212	45

Advanced Circuit #2

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Side Planks w/ Cable Row	3-4	12 LR	212	45
A2.	Roller Planks	3-4	15-20	222	45
A3.	Standing Cable Chop	3-4	12 LR	212	45

Beginner Circuit #1

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Prone Vacuum Planks (level 1)	1-2	1	30-60 secs	30
A2.	Side Plank	1-2	1	5-30 secs	30
A3.	Mountain Climbers	1-2	20 reps	211	30
	-w/ elbow on bench				

A1. Prone Vacuum Planks

- Place your elbows directly under your shoulders
- Position your lower body so your toes are the point of contact with the ground
- Lift your hips off the ground so your body is positioned as a straight line from your shoulders → hips → ankles
- Squeeze your glutes and draw your abdominal muscles inward (this helps to better engage the abdominals)
- Hold this static position for 30-60 seconds
- Do not let the lower back sag towards the ground
- Avoid raising your hips more than just a few inches off the ground

SETS - Do 1-2 sets of this circuit.

REPS - Since this is an isometric exercise, you will only do one rep and hold it for the prescribed time.

TEMPO - This is an "isometric" exercise, which means there is no movement. You will hold the below position for 30-60 seconds. Stop the exercise if you feel any lower back pain or if you are no longer able to hold the position.

REST - Rest for 30 seconds before beginning the next exercise in the circuit, which is the Side Plank.

A2. Side Planks

- Begin by lying on your side and placing your elbow directly under your shoulder
- Keep both feet side by side
- Bridge your hips off the ground so there is a straight line from your chest → hips → feet
- Keep the pressure on your forearm muscles, not the point of your elbow
- Squeeze the glutes and keep the abs drawn inward
- Hold this static position for 5-30 seconds

SETS - Do 1-2 sets of this circuit.

REPS - Since this is an isometric exercise, you will only do one rep and hold it for the prescribed time.

TEMPO - This is an "isometric" exercise, which means there is no movement. You will hold the below position for 30-60 seconds. Stop the exercise if you feel any lower back pain or if you are no longer able to hold the position.

REST - Rest for 30 seconds before beginning the next exercise in the circuit, which is the Mountain Climbers w/ your elbows on a weight bench.

A3. Mountain Climbers

- Using a weight bench is an ideal starting point for beginners, the you can progress to moving down to the floor
- Begins with your elbows directly under your shoulders
- Keep your weight on your forearms, not on the point of your elbows
- Maintain a "plank" position with your body (straight line from the head → waist → ankles)
- Squeeze the glutes to maintain core stability
- Keeping a neutral spine, alternate bringing each knee inward to the point where you feel the abdominals strongly contract.
- Do not let your lower back sag downward at any point in the exercise

SETS - Do 1-2 sets of this circuit.

REPS - Use a "221" tempo, which means bring your knee inwards for 2 seconds, pause for 1 second, then return the leg to the starting point for 1 second

TEMPO - The above tempo description counts as 1 rep. Do 20 reps of this exercise using the exact 221 tempo.

REST - Rest for 30 seconds before beginning the circuit again.

Intermediate Circuit #1

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	SB Prone Vacuum Planks	2-3	1	30-60 secs	30
A2.	SB Mountain Climbers	2-3	20	211	30
A3.	Upper Body Russian Twists	2-3	10 LR	222	30

A1. Stability Ball Prone Vacuum Planks

- Place your elbows on the stability ball and position them so they are directly under your shoulders
- Position your lower body so your toes are the point of contact with the ground
- Lift your hips off the ground so your body is positioned as a straight line from your shoulders → hips → ankles
- For added stability, use a slightly wider foot base
- Squeeze your glutes and draw your abdominal muscles inward (this helps to better engage the abdominals)
- Hold this static position for 30-60 seconds
- Do not let the lower back sag towards the ground

SETS - Perform 2-3 sets of this circuit.

TEMPO - This is an "isometric" exercise, which means there is no movement. You will hold the below position for 30-60 seconds. Stop the exercise if you feel any lower back pain or if you are no longer able to hold the position.

REPS - Since this is an isometric exercise, you will only do one rep and hold it for the prescribed time.

REST - Rest for 30 seconds before moving on to the next exercise in this circuit, which is the Stability Ball Mountain Climbers

A2. Stability Ball Mountain Climbers

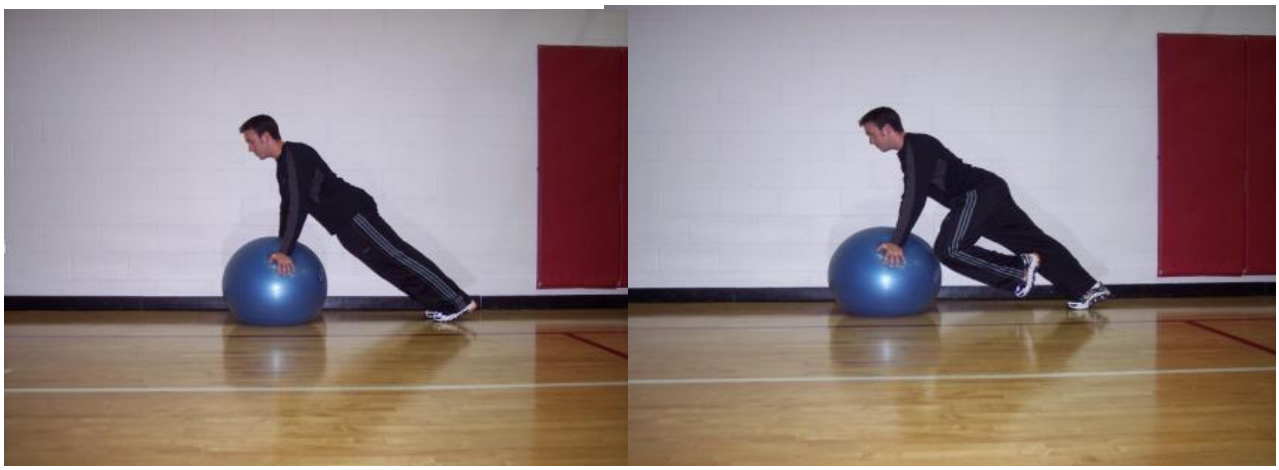
- Using a stability ball will create an unstable environment which will increase the difficulty of stabilizing your body
- Begins by putting your hands shoulder width apart on the stability ball.
- Keep the elbows slightly bent and position your hands directly under your shoulders
- Maintain a "plank" position with your body (straight line from the head → waist → ankles)
- Squeeze the glutes to maintain core stability
- Keeping a neutral spine, alternate bringing each knee inward to the point where you feel the abdominals contract.
- Do not let your lower back sag downward at any point in the exercise

SETS - Perform 2-3 sets of this circuit

TEMPO - Use a "221" tempo, which means bring your knee inwards for 2 seconds, pause for 1 second, then return the leg to the starting point for 1 second

REPS - The above tempo description counts as 1 rep. Do 20 reps of this exercise using the exact 221 tempo.

REST - Rest for 30 seconds before moving onto the next exercise in the circuit, which is the Upper Body Russian Twists



A3. Upper Body Russian Twists

- Begin with your knees bent at a 90 degree angle, your upper body slightly reclined, and your arms straight out from your chest.
- Keeping your abs engaged and your upper body reclined, rotate your arms to your left until the medicine ball is close to the ground.
- Keeping the upper body reclined and your arms straight, rotate the medicine ball to your right side using one fluid motion.
- Be sure to keep your upper body reclined, your knees bent, and your arms straight throughout the exercise.
- If you want to anchor your feet better, put your toes under a dumbbell or have someone hold them for you.

SETS - Perform 2-3 sets of this circuit

TEMPO - Use a "222" tempo, which means hold the ball down at your left side for 2 seconds, rotate across your body for 2 seconds, then hold the ball down at your right side for 2 seconds.

REPS - Each time you rotate from left to right, you are doing 1 rep. Do 10 total reps for this part of the circuit.

REST - Rest for 30 seconds before beginning this circuit again.

Intermediate Circuit #2

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	SB Forward Roll	2-3	10	222	30
A2.	SB Jack-Knife	2-3	10	222	30
A3.	Half Kneeling Cable Wood-chop	2-3	10 LR	222	30

A1. Stability Ball Forward Roll

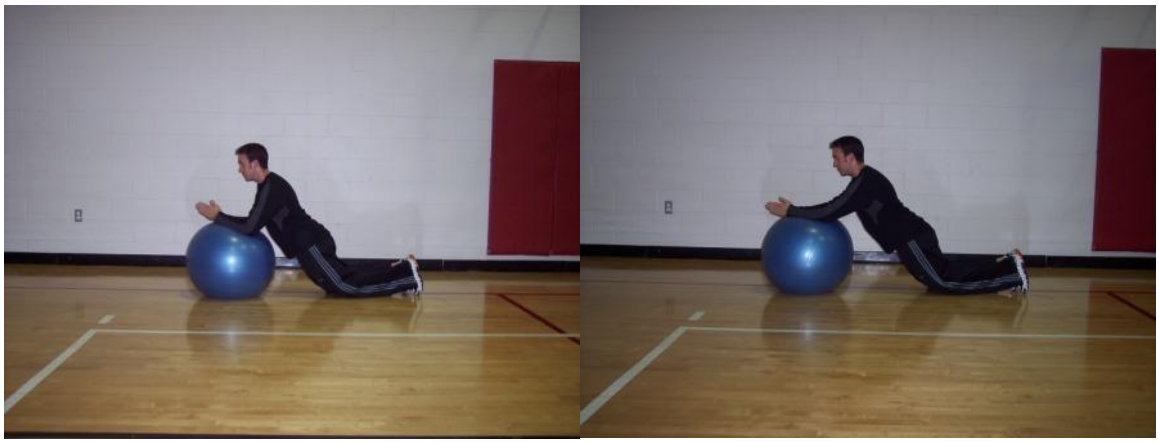
- Begin with your knees on the ground and your spine in a neutral (straight) position.
- Place your elbows shoulder width apart on the stability ball.
- Lean into the stability ball so your bodyweight is support by your forearms.
- Engage your abdominals by drawing them inward.
- Keeping neutral spine, roll forearms forward and allow your upper body to follow.
- Roll your forearms forward until you feel your abdominals start to work hard to keep your core stabilized.
- Squeeze your glutes for added lower back stability.
- Exhale as your roll your forearms forward.
- Return to the starting position.
- Do not let your lower back hyperextend backwards at all. If this starts to happen, you should decrease how far your roll forward on the stability ball.

SETS - Perform 2-3 sets of this circuit.

TEMPO - This exercise follows a "222" tempo, which means you roll forward for 2 seconds, pause for 2 seconds, then roll back to the starting position for 2 seconds. Stop the exercise if you feel any lower back pain.

REPS - You complete 1 rep time you roll forward and backward. Perform 10 reps with this exercise.

REST - Rest for 30 seconds before moving on to the next exercise in this circuit, which is the Stability Ball Jack-Knife.



A2. Stability Ball Jack-Knife

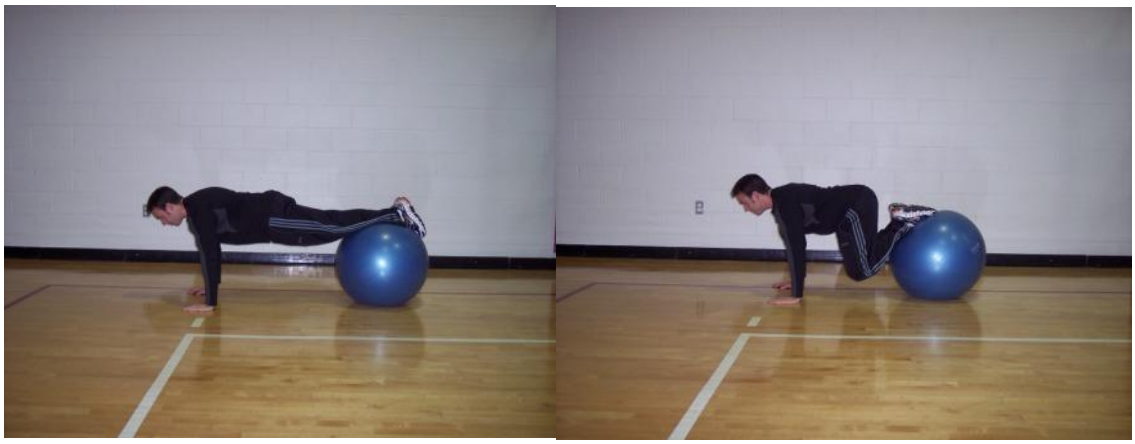
- Begin with your hands directly under shoulder elbows slightly bent
- Position your lower body on the stability ball so the front of your calves and the top of your feet are in contact with the top of the ball.
- Maintain a neutral (straight) spine and do not let your lower back sag downward at all.
- Squeeze the glutes and draw the abdominals inward to help stabilized your core.
- Keeping your spine in a neutral position, draw your knees inward. Keep drawing your abdominals inward throughout the range of motion.
- Draw your knees inward, stopping just short of the point where you are no longer able to keep a straight back.
- Return your lower body to the starting point where your body is maintaining a straight line.

SETS - Perform 2-3 sets of this circuit.

TEMPO - This exercise follows a "222" tempo, which means you roll forward for 2 seconds, pause for 2 seconds when your knees are drawn inward, then roll back to the starting position for 2 seconds. Stop the exercise if you feel any lower back pain.

REPS - You complete 1 rep time you draw your knees inward and backward. Perform 10 reps with this exercise.

REST - Rest for 30 seconds before moving on to the next exercise in this circuit, which is the Half Kneeling Cable Wood Chop.



A3. Half Kneeling Cable Wood-chop

- For this exercise you will need a cable machine.
- Begin by holding the cable grip attaching with your hands and start with a light amount of resistance. Next, step out 2-3 feet from the cable machine and kneel down.
- Position yourself so you are kneeling on your outside knee.
- Keep your core tight and your spine in a neutral position.
- Raise your arms up so they are positioned right above your shoulder.
- Without moving your torso, rotate your arms from your upper shoulder to the lower hip on the opposite side.
- Exhale while moving your arms downward.
- Draw your abs inward throughout the exercise.
- Return your arms to the starting position and begin again.

SETS - Perform 2-3 sets of this circuit.

TEMPO - This exercise follows a "222" tempo, which means rotate your arms downward for 2 seconds, pause as the bottom for 2 seconds, then rotate upward for 2 seconds.

REPS - You complete 1 rep time you rotate your arms downward and then back to the start position. Perform 10 reps on your left and your right side, which means you will do 10 reps, face the opposite direction, then do 10 more.

REST - Rest for 30 seconds before beginning this circuit again.

Intermediate Circuit #3

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Prone Vacuum w. Alt. Arm Lifts	2-3	1LR	15-30 secs	30
A2.	Prone Vacuum w. Alt. Leg Lifts	2-3	1LR	15-30 secs	30
A3.	Half Kneeling Reverse Cable Wood-chop	2-3	10 LR	222	30

A1. Prone Vacuum w. Alternating Arm Lifts

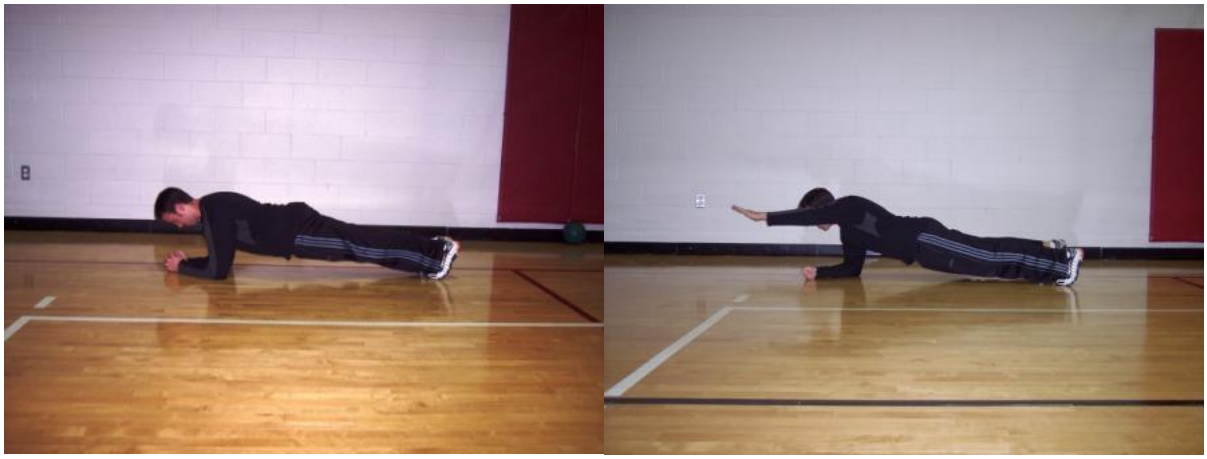
- Begin this exercise with the Prone Vacuum position (elbows under the shoulder, straight back, straight legs, and lower body supported on the toes).
- Lift up your left arm so that it is straight and parallel to the ground. Keep the rest of your body in the same position.
- Hold your left arm in this position for 15-30 seconds, then immediately put the left forearm on the ground and perform the same exercise with the right arm raised.
- Squeeze the glutes and keep the rest of the core tight and engaged.
- Keep the weight on the forearm of the arm that is supporting your body weight, not on the point of the elbow.

SETS - Perform 2-3 sets of this circuit.

TEMPO - This is an "isometric" exercise, which means there is no continuous movement. Just put your arms in the right position and hold for 15-30 seconds. Stop the exercise if you feel any lower back pain or if you are no longer able to hold the position.

REPS - Since this is an isometric exercise, you will only do one rep and hold it for the prescribed time

REST - Rest for 30 seconds before moving onto the next exercise, which is the Prone Vacuum with Alternating Leg Lifts.



A2. Prone Vacuum with Alternating Leg Lifts

- Begin this exercise with the Prone Vacuum position (elbows under the shoulder, straight back, straight legs, and lower body supported on the toes).
- Keeping your glutes and abdominals engaged, lift up your left leg from the hips.
- Do not bend the knee while raising the leg.
- Hold your left leg in this position for 15-30 seconds before returning to the normal Prone Vacuum position.
- Once both feet are on the ground, immediately lift up your right leg and hold for 15-30 seconds.
- Remember to squeeze the glutes throughout the duration of this exercise.

SETS - Perform 2-3 sets of this circuit.

TEMPO - This is an "isometric" exercise, which means there is no continuous movement. Just hold your body in the described position for 15-30 seconds. Stop the exercise if you feel any lower back pain or if you are no longer able to hold the position.

REPS - Since this is an isometric exercise, you will only do one rep and hold it for the prescribed time (15-30 seconds per leg).

REST - Rest for 30 seconds before moving onto the next exercise, which is the Half Kneeling Reverse Cable Wood-chop.

A3. Half Kneeling Reverse Cable Wood-chop

- For this exercise you will need a cable machine.
- This exercise is very similar to the Half Kneeling Cable Wood-chop except that you will start by holding the cable just outside your hips and end with the cable in the raised position.
- Begin by holding the cable grip attaching with your hands and start with a light amount of resistance. Next, step out 2-3 feet from the cable machine and kneel down.
- Position yourself so you are kneeling on your outside knee.
- Keep your core tight and your spine in a neutral position.
- Begin by holding the cable just outside of your left hip.
- Then, slowly raise the cable diagonally across the front of your upper body.
- End when the cable is positioned over your right shoulder.
- Keep the arms straight and your core in the same position throughout the entire exercise. All the range of motion should come from your shoulders.
- Exhale while moving your arms upward and downward.
- Draw your abs inward throughout the exercise.

- Return your arms to the starting position and begin again.

SETS - Perform 2-3 sets of this circuit.

TEMPO - This exercise follows a "222" tempo, which means rotate your arms upward across your torso for 2 seconds, hold at the top for 2 seconds, then rotate downward for 2 seconds.

REPS - You complete 1 rep time you rotate your arms upward and then back to the start position which is outside of your opposite hip. Perform 10 reps on your left and your right side, which means you will do 10 reps, face the opposite direction, then do 10 more.

REST - Rest for 30 seconds before beginning this circuit again.

Advanced Circuit #1

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Val Slide Planks	3-4	15-30 secs	1	45
A2.	Val Slide Mountain Climbers	3-4	20 reps	221	45
A3.	SB Single Leg Jack-Knife	3-4	12 LR	212	45

A1. Val Slide Rollout Planks

- This exercise uses the Val Slide, which allows for smooth sliding across ground surfaces.
- Begin this exercise by putting each hand on an individual Val Slide. Position your hands directly under your shoulders.
- Keep your back straight, glutes tight, abdominals engaged, arms slightly bent, and your legs straight.
- Slowly slide your arms forward. Keep your torso and legs in the same position.
- Once you feel your abdominals engage and begin to lengthen, hold that exact position for 15-30 seconds.
- Do not let your lower back sag downward at any point during the exercise.

SETS - Perform 3-4 sets of this circuit.

TEMPO - This is an "isometric" exercise, which means there is no continuous movement. Just put your arms in the right position and hold for 15-30 seconds. Stop the exercise if you feel any lower back pain or if you are no longer able to hold the position.

REPS - Since this is an isometric exercise, you will only do one rep and hold it for the prescribed time

REST - Rest for 45 seconds before moving onto the next exercise, which is the Val Slide Mountain Climbers.

A2. Val Slide Mountain Climbers

- Begin this exercise by placing the front of each foot on a Val Slide.
- Then, get into the pushup position (back straight, glutes tight, abdominals engaged, arms slightly directly under the shoulders and slightly bent, and your legs straight.)
- Be sure to maintain a straight back throughout the duration of the exercise.
- Start by drawing your left leg inward so your knee becomes close to touching your left wrist.
- Then, return your left leg to the starting position.
- Next, draw your right leg inward so your knee becomes close to touching your right wrist.
- Return the right leg to the starting position and repeat.

SETS - Perform 2-3 sets of this circuit

TEMPO - Use a "221" tempo, which means bring your knee inwards for 2 seconds, pause for 1 second, then return the leg to the starting point for 1 second.

REPS - The above tempo description counts as 1 rep. Do 20 reps of this exercise using the exact 221 tempo.

REST - Rest for 30 seconds before moving onto the next exercise in the circuit, which is the Stability Ball Single Leg Jack-knife.

A3. Stability Ball Single Leg Jack-knife

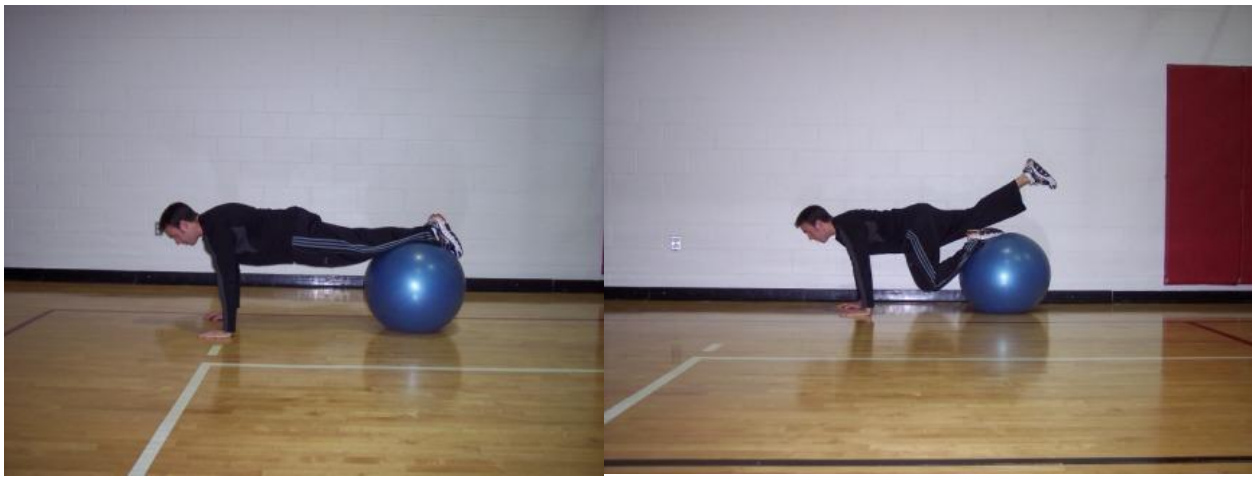
- Begin with your hands directly under shoulder elbows slightly bent.
- Position your lower body on the stability ball so the front of your calves and the top of your feet are in contact with the top of the ball.
- Maintain a neutral (straight) spine and do not let your lower back sag downward at all.
- Lift your right foot several inches off the stability ball.
- Squeeze the glutes and draw the abdominals inward to help stabilized your core.
- Keeping your spine in a neutral position, draw your left knee inward.
- Return back to the starting position and repeat 12 times with the left leg.
- Then, perform 12 reps with your right leg on the stability ball.

SETS - Perform 3-4 sets of this circuit.

TEMPO - This exercise follows a "212" tempo, which means you roll forward for 2 seconds, pause for 1 seconds when your knee is drawn inward, then roll back to the starting position for 2 seconds. Stop the exercise if you feel any lower back pain.

REPS - You complete 1 rep time you draw your knee inward and back. Perform 12 reps per leg with this exercise.

REST - Rest for 30 seconds before repeating this circuit again.



Advanced Circuit #2

Order	Exercise	Sets	Reps	Tempo	Rest
A1.	Side Planks w/ Cable Row	3-4	12 LR	212	45
A2.	Roller Planks	3-4	15-20	222	45
A3.	Standing Cable Chop	3-4	12 LR	212	45

A1. Side Planks w/ Cable Row

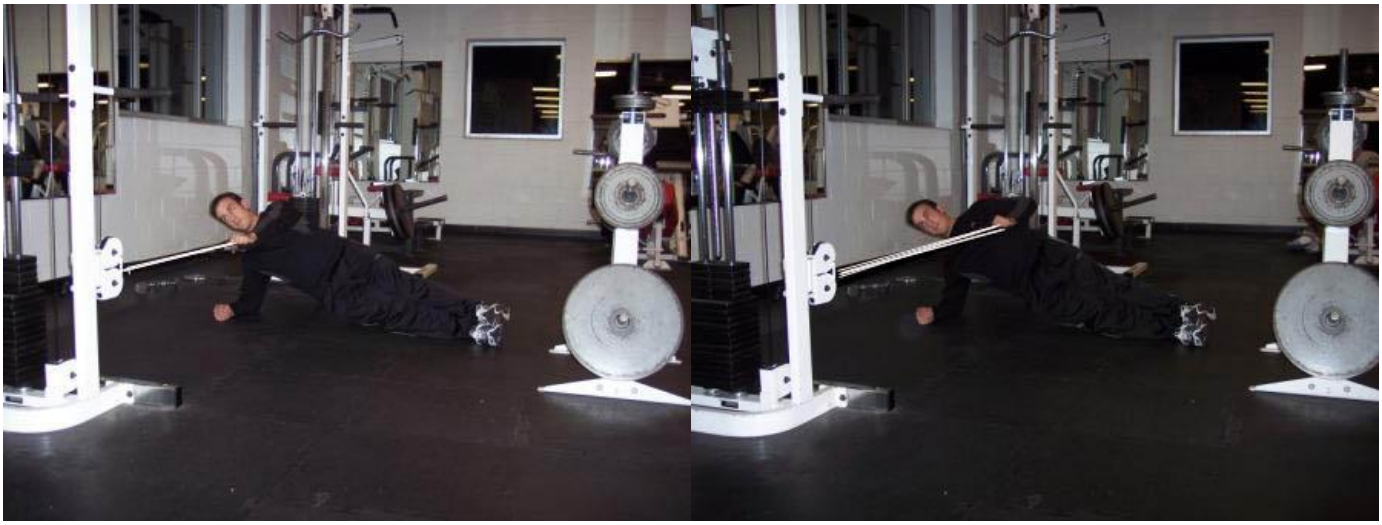
- You will need a cable machine for this exercise.
- Begin setting the cable machine with a moderate weight.
- Hold the cable machine attachment with one hand and proceed to get into the side plank position.
- The arm holding the cable attachment should be stretched straight outward.
- While maintaining the side plank position, perform a one arm row with the arm that is holding the cable machine handle.
- While performing the one arm row, drive the elbow back until it goes just past your shoulder.
- Return the arm to the starting position and repeat 12 reps with the left arm and 12 reps with the right arm.

SETS - Perform 3-4 sets of this circuit.

REPS - Perform 12 one arm rows with both the left and right arms.

TEMPO - Follow a 212 tempo with the arm that is performing the cable pull. Pull the cable towards you for 2 seconds, pause for 1 second, then return your arm to the starting position for 2 seconds.

REST - Rest for 45 seconds before beginning the next exercise in the circuit, which is the Roller Planks.



A2. Roller Planks

- You will need an Ab Wheel for this exercise.
- Begin by holding the ab wheel with both hands and assuming the push up position (arms slightly bent, hands under shoulders, straight back, and straight legs).
- Keeping your body straight, slowly start to roll the ab wheel forward.
- Squeeze the glutes and draw the abdominals inward for added core stability.
- Continue to roll the ab wheel forward until you are **just short of the point** where you start to arch the lower back.
- Return to the starting point where the ab wheel is positioned directly under your shoulders.

SETS - Perform 3-4 sets of this circuit.

REPS - Perform 15-20 reps. One rep is performed each time you roll the ab wheel forward and backward.

TEMPO - Follow a 222 tempo. This means you roll the ab wheel forward for 2 seconds, pause for 2 seconds, then roll back towards you for 2 seconds.

REST - Rest for 45 seconds before beginning the next exercise in the circuit, which is the Standing Cable Wood-chop.

A3. Standing Cable Chop

- You will need a cable machine for this exercise.
- Begin by adjusting the cable machine so the cable attachment is positioned at the top of the machine.
- Hold the cable grip with both hands and stop a few feet away from the cable machine.
- Keep your knees slightly bent, your back straight, abdominals engaged, and your arms slightly bent.
- Proceed to pull the cable diagonally from your upper shoulder to the opposite hip.
- Do not let your torso or hips rotate along with your arms.
- Return to the starting position and repeat.

SETS - Perform 3-4 sets of this circuit.

REPS - Perform 12 reps each direction.

TEMPO - Follow a 212 tempo. This means you pull the cable from your shoulder to the opposite hip for 2 seconds, pause for 1 second, then return to the starting position for 2 seconds.

REST - Rest for 45 seconds before beginning the circuit again.

Chapter 3: Where to Go From Here

As mentioned before, the workouts you just read will help you to condition all your core muscles (including your abs) in a functional and aesthetic way. Though they are challenging and effective, these workouts are just one part of the equation for effectively losing body fat. If you really want to get your body levels low enough that you can see definition in your abdominals then your program will have to include a very specific exercise and nutrition program that is based around burning a lot of calories, increasing lean muscle mass, and stimulating your metabolism through intense strength training and interval training workouts.

Designing a program that fits this criteria can be challenging because there are many small details that cannot be missed. Here are some of the most common mistakes with **cardiovascular training** that are made when training to lose belly fat:

COMMON MISTAKES WITH CARDIO

It may seem logical to think that doing as much cardio as possible will be directly related to losing as much weight as possible. It can be very common for someone to go to the gym and spend 45+ minutes on a treadmill, elliptical, stair stepper, rowing machine, stationary bike, or and upright bike. The thought is "cardio makes you lose weight and strength training makes you look like a bodybuilder". The problem is, doing a lot of **long cardio sessions** usually helps people lose weight in the short term only. Some reasons for this include:

They just get bored of "forcing" themselves to go through another seemingly endless cardio workout. If your workouts become boring and monotonous then it becomes a recipe for failure. Having strong willpower can only carry you so far when you do not enjoy what you are doing.

The cardio workouts are too long and will not reasonably fit into an already busy schedule. Just about everyone has busy schedules. But it is not about the quantity of time you spend exercising, it is about the quality. If you structure your cardio workouts the right way you can actually get twice the work done in half the time.

The "cardio plateau" occurs after the first few weeks of training. Often, people will begin doing cardio 5+ days per week. At first they lose a lot of weight but after a few weeks they

experience a plateau. This is because the body adapts to doing the same workout over and over again. Here is an example. If you go outside and run 5 miles it might feel like a struggle, especially if you are not an active runner. But if you ran that same 5 mile course six times per week for the next three months, it would become a lot easier. Why? Your body adapted to the workout. It became **more efficient** at doing the same thing over and over again. At first running 5 miles was a challenge, but it became easier with each subsequent workout. While this is great for conditioning the cardiovascular system, it is not so great for continuing to maximize your calorie burning potential. When the workout gets easier, you burn fewer calories each time you do it because you have become more efficient at doing the same workload. This is why the "cardio plateau" occurs so often. You need to keep pushing yourself out of your "comfort zone" and always stimulating your body to adapt to new challenges while exercising.

Too much cardio can result in losing lean muscle mass. Having lean muscle mass is a critical factor in maximizing your metabolism. The more learn muscle mass you have, the higher you will be able to raise your metabolism. Muscle burns calories. Doing too much cardio stimulates your cardiovascular system to get better but does not stimulate your body to accrue more lean muscle mass. The only way to do this is by using a smart resistance training program.

COMMON MISTAKES WITH STRENGTH TRAINING

Strength training is one of the best ways to get stronger, increase lean muscle mass, and raise your metabolism. The problem is that there are some misconceptions and common mistakes out there regarding strength training.

Some of them include:

Thinking that strength training is only for bodybuilders. Strength training can help people look like a bodybuilder, but this is only if you are training specifically for this effect. A lot of bodybuilders focus on only one muscle group each workout. The volume of training and the massive amounts of calories they consume are what allow them to grow bigger. For fat loss, it is better to focus on total body circuit based strength training routines and eating fewer overall calories. This will help you to get stronger and add lean muscle mass, which is what accounts for looking "toned" and not "bulky".

Only using the strength training machines. The strength training machines can be beneficial, but it is very common to see people workout on a machine with virtually no intensity. If you are a beginner, you will be better off learning how to use exercises with just your own bodyweight first, then lifting weights second. If exercising with your own bodyweight is still a challenge then using weights is not necessary until you have spent a few weeks on some basic bodyweight exercises.

Doing one strength training exercise at a time. This is great if you are training like a bodybuilder, but it is not a very efficient use of time. When you performed circuit based strength training you are doing a sequence of exercises (with little rest in between) that will work your whole body. This lets you get more work done in less time while maximizing your metabolic potential. Since circuit based strength training involves doing one exercise after another, your heart rate will become more elevated for a longer period of time. Therefore, you can get in great cardiovascular shape while burning calories and building lean muscle mass.

Including strength training as part of your fat loss routine is a great way to keep challenging yourself, keep getting stronger, and avoiding the "plateau" that can be extremely frustrating.

COMMON MISTAKES WITH FAT LOSS NUTRITION

It is no secret the consuming fewer calories results in losing weight. But like we talked about before, your goal is to lose fat. Nutrition can be an extremely confusing topic because there is an overabundance of information out there that all seems to be conflicting. Here are some of the most common mistakes and misconceptions about nutrition for losing body fat:

Using "crash dieting" as a means to lose weight. The problem with crash dieting is that it can be taken too far. The extreme example of this is trying to force your self to eat only 1 meal per day. Doing this can wreak havoc on your metabolism and deprive your body of the basic nutrients it needs. Eating smaller meals more often will help to stimulate your metabolism and keep your blood sugar levels more level.

Getting caught up with all the "fad diets". There is certainly no shortage of different diets that all have a different approach to fat loss. There are so many different diets out there that it can be difficult to figure out where to begin. The best thing you can do is use a nutrition program

that is designed for the specific goal that you are training for and for your current bodyweight. This is much more beneficial than just using a random "one size fits all" nutrition plan.

Having a "less is better" mentality towards your diet. Creating a caloric deficit is certainly the priority with your nutrition program, but this doesn't necessarily mean that you have to be hungry all the time. In fact, a realistic nutrition program will have you eating throughout the day so that you never have to force yourself to not eat for long periods of time. The "less is better" mentality goes along with the idea of crash dieting being the most effective way to lose body fat.

3.1 The Essentials of a Nutrition and Exercise Program to Shed Body Fat, Gain Lean Muscle Mass, and Seeing Incredible Abdominals Definition.

If you want to shed enough body fat that you can see a lot of definition in your abdominals then you need an exercise and nutrition program that **must** contain the following:

- Intense circuit based strength training workouts
- Metabolism boosting interval based cardiovascular training
- A "real world" nutrition program that eliminates room for error and is designed specifically for your current weight.

If you are looking for a straightforward plan where all of the above criteria are already laid out for you, then check out Warp Speed Fat Loss. This program was created when world famous fitness professional Alwyn Cosgrove and nutritionist Mike Roussell, Ph.D(c) asked the question

"Who says someone cannot lose more than 2lbs of fat per week?"

As a result, they each combined their most effective training and nutrition programs they use with their clients to help them lose as much weight as possible in 28 days. The result is the Warp Speed Fat Loss package

www.WarpSpeedFatLoss.com

Warp Speed Fat Loss was designed to lose as much body fat as possible in 28 days. If you want to begin losing fat then the best thing you can do is have a step by step plan that shows you the exact workouts and meal plans that you need to use to get you there. Having something that eliminates the guesswork makes your job easier. All you have to do is follow the **exact** workouts and meal plans.

The Warp Speed Fat Loss **exercise program** gives you 24 workouts that are comprised of intense circuit based strength training and interval training cardio.

The Warp Speed Fat Loss **nutrition program** gives you 28 days of delicious meal plans that have every meal completely planned out for you. Even better, there are numerous meal plans to specifically designed for your current weight. This is anything but a "one size fits all" nutrition program that gives vague guidelines.

All you need to do is follow the workouts and the nutrition program for the next 28 days and you can lose up to 21 pounds. If you want to **lose fat and do it fast** then this is the most cutting edge workout program and nutrition program that you will find anywhere. Go check out Warp Speed Fat Loss and you could be up to 21 pounds lighter 28 days from now!

www.WarpSpeedFatLoss.com