

# The Ultimate Ab Routine

By Mike Deibler M.S., C.S.C.S.



## The Ultimate Ab Routine

Dear Friend,

Are you just not happy with your exercise program? Are you tired of killing yourself at the gym and not getting the flat stomach that you have been working so hard for? With so much information online today it is hard to find the answer to help you.

The purpose of this report is to show you exactly how to put together an effect ab workout. I will take the guess work out of your program and show you exactly what you will need to do to finally see results and see your abdominal muscles. I have dedicated years to putting this report together to help you in your 6 pack journey. I promise it won't be an easy road, but following a few simple guidelines will get you there faster than any other program.

In the following pages you will learn the foundations of my ab program that will show you exactly how to put together a workout. You will also find a few of my favorite programs to help you get started.

Congratulations taking the first step and educating yourself on how you can change your body. Many will spend years just trying random things until something finally works or they just give up. You are saving a tremendous amount of time and energy by reading this report and learning the proper way to effectively train your abs.

### **Warning:**

The information in this report is solely for educational purposes and is not medical advice. Please consult with a physician before you start any exercise program. If any of the exercises shown in this program cause pain, stop immediately and seek medical attention. The information here is not for the treatment of illness or injury and should only be performed by healthy individuals.

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## Is This Program For You?



First we need to establish if this program is the right program for you to be starting. As I mentioned early you must be in good physical condition to attempt a program like this. If you experience chronic pain, such as lower back pain, this program is not for you and you must obtain medical clearance before starting a program like this.

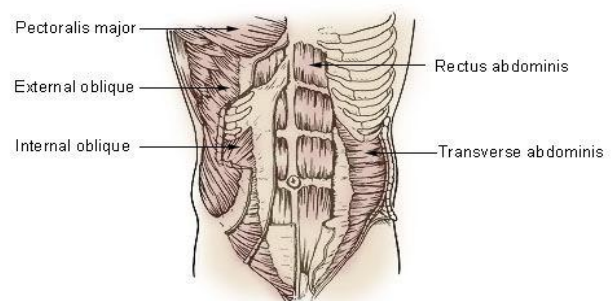
If you are still on board then we can get started. Before we even get into the ab routine you need to evaluate your specific situation. Do you need to lose more or less than 10lbs? If you need to lose more then you have to understand it will take time before you will be able to achieve a 6 pack. We need to make sure you are setting up realistic goals for your program. If you need to lose less than 10lbs you are not in the clear but you should see results significantly faster. Whether you need to lose 10lbs or 50lbs this is only one aspect of your program. You must also focus on a total body strength training program, high intensity interval training workouts, and a balance nutrition plan. This particular report is going to focus mainly on the ab routine you will perform, but remember this cannot be the only aspect of your exercise program.

## Training Movements Not Muscles

I am sure many of you already realized that the abdominals are actually made up of a number of different muscle groups (rectus abdominus, internal/external obliques, transverse abdominus...). I do not want to bore you with muscle anatomy, but the point is we are training multiple muscle groups when working the abs.

And for the purpose of this report you do need to know any anatomy. What you need to understand is movement. This is more important than what muscles you will be training. All this means is you can forget about

**Muscles of the Trunk**



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training body parts and focus on movement patterns your body can make. This does not only apply to abdominal training. You should focus your entire program on movements not muscle groups. This is a much larger topic however, so we will just focus on the abdominals.

When we put together an exercise program we pick exercises that train certain movements. For the abdominals we focus on 5 primary movements that can be made by the torso. These movements are flexion, hip raises, rotation, extension, and isometric contraction (technically not movement). Here we will break down each of these movements.

### **Flexion:**

This is the most common movement pattern that you will see performed at the gym. This movement involves flexion of the spine such as in a crunch or sit up. Any exercise that involves the spine to flex by lifting the cervical spine and thoracic spine would be classified as a flexion movement.

### **Hip Raise:**

This movement is the reverse of the flexion exercise. It still technically involved flexion of the spine, but the flexion occurs at the lumbar spine first then into the thoracic. Any exercise that involves the legs raising towards the stomach would fit in this movement pattern. A few examples are hanging leg raises or reverse crunches.

### **Rotation:**

Rotation is a pretty obvious movement pattern because it involves movements that rotate the spine. This is also a very popular abdominal movement seen at the gym. Most will refer to these movements as oblique exercises. Common rotation exercises are Russian twists and chops.

### **Isometric:**

This really isn't a movement that abdominals perform. In fact the goal is for no movement. An isometric contraction is one in which force that is generated in the muscle is equal to the resistance put on it. This means that the muscle tightens but does not move. These are crucial for abdominal training because these are exercises that stabilize the spine. You first need to have spine stability before you have mobility.

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### **Extension:**

Extension movements actually do not refer to abdominal muscles. These movements will work the posterior chain of the body. This movement is often neglected at the gym which can cause serious muscle imbalances, poor posture, and most likely injury. The most common extension exercise would be a back extension.

Workout should include all of the movement patterns previously described. That is the foundation of the program. Including all of these movements will train the abdominal and other core musculature to be trained in the way they were meant to move. Neglecting any of these will lead to muscle imbalances. They do not have to be performed in the order mentioned. Any order will work fine.

## **Tips For Getting Started**

Before you hit the gym there are a few points that you should make sure to incorporate into your ab routine:

### **1. Train Your Abs The Way They Were Meant To Move.**

We already discussed the movements the abs make but you also need to consider how the body is designed. All of our muscles are connected by a sheath. It is impossible to truly isolate a muscle because they all work together. You never want to isolate a muscle group if it is meant to work with other muscles. The core muscles attach the entire body together. This is why it is referred to as the core. If you train your abdominal muscles try and incorporate other body parts as well.

### **2. Stabilize Before Your Mobilize.**

This was briefly touched upon already. Before you can walk you must crawl. You must have a baseline before you start moving your spine. This is where isometric exercises come into play. Before you worry about performing advanced ab exercises you must be able to have core endurance and stability. If you cannot hold a plank for at least 1 minute or side planks for at least 30 seconds you should not be performing core mobility exercises.

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### 3. Watch Your Posture.

When you stand in correct posture you tend to have a flatter stomach. If you suffer from an anterior pelvic tilt where your lower back tends to arch and your hip flexors pull your hips down you will appear to have a round stomach. By improving the posture distortion alone you will see a dramatic improvement in your stomach. Check yourself out in the mirror. Does it look like the back of your hips are higher than the front? If so, you have an anterior pelvic tilt. Work on stretching out your hip flexors, and lower back and strengthen your transverse abdominus and glutes. (see appendix for samples).

### 4. Nutrition, Nutrition, Nutrition.

The bottom line. You will never have a six pack unless you follow a proper nutritional program. Do not try and outwork your diet program. You will fail every time. Just incorporate a few simple guidelines:

- (a) eat 5-6 meals per day
- (b) cut out sugars and processed foods
- (c) eat more fruits and veggies
- (d) cut down on alcohol and other calorie containing beverages
- (e) incorporate lean protein into every meal
- (f) add a post workout meal containing a 1:3 ratio of protein to carbs

### 5. Increase Resistance Or Increase Difficulty.

One of my pet peeves is when I hear someone say I can do 100 \_\_\_\_\_ (fill in the blank with an ab exercise. If you can do 100 good reps of an exercise why are you still doing it? It is obviously too easy for you and it is time to progress. Abdominal muscle are just like every other muscle in the body. Would you do 100 reps of another exercise? In fact, a recent study in the October 2009 issue of the Journal of Strength and Conditioning found that abdominal training without external resistance has no significant impact on abdominal strength. If you want strong abdominal muscles you must pick exercises that are very hard or add external resistance such as bands or medicine balls to the exercise.

### 6. Allow For Your Muscles To Recover.

As stated early, abdominal muscles are the same as all of the other muscle you have in the body. It is skeletal muscle. It may be made up of higher concentrations of certain fiber types but it is still skeletal muscles. When training hard it will take 24-48hrs to completely recover from your previous workout. Give you abs a chance to recover before you train them again. There is absolutely no

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reason to train your abs hard every day.

### Sample Programs

**Anterior Pelvic Tilt** (click on link for video):

- A1. [Hip Flexor Stretch](#) (hold for 60 seconds per side)
- A2. [Ab March](#) (perform for 60 seconds)
- B1. [Hamstring Stretch](#) (hold for 60 seconds per side)
- B2. [Floor Bridge](#) (hold for 60 seconds)

**Ultimate Ab Routines** (click on link for video):

**Beginner Program:**

Perform as a circuit for 2 sets of 15 reps. Recover for 30 seconds between exercises.

1. [1 Arm Row and Rotation](#)
2. [SB Crunch](#)
3. [Reverse Crunch](#)
4. [Plank Hold](#) (1 minute)
5. [SB Bird Dog](#)

**Intermediate Program:**

Perform as a circuit for 3 sets of 15 reps. Recover for 30 seconds between exercises.

1. [Cable Chops](#)
2. [SB Mountain Climbers](#)
3. [Crunch And Split](#)
4. [Plank Roll Outs](#)
5. [Reverse Hyperextensions](#)

**Advanced Program:**

Perform as a circuit for 3 sets of 12 reps. No rest between exercises and 1 minute between sets.

1. [Spiderman Push Ups](#)
2. [L Pull Ups](#)

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3. [Barbell Twists](#)
4. [Turkish Get Ups](#)
5. [Superman Rolls](#)

Now that you have a few sample workouts it is time to get started. I highly recommend combining these exercises into your current workout program. Feel free to add more exercises to the sample workouts. These exercise only focus on the movements discussed in this article. There are more movement patterns that you will need to incorporate for a complete workout program. This however, will be a great start for your ultimate ab routine.

### **Bonus Offer**

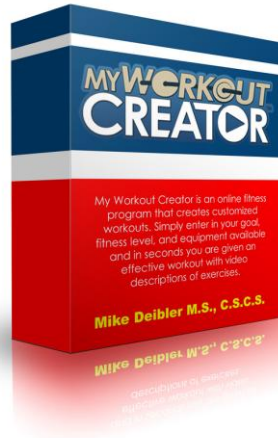
I hope you have enjoyed reading the Ultimate Ab Routine and are excited to get started today. I have developed this program over years of trial and error until the program has been perfected and has gotten my clients amazing results. I have applied this program in hundreds of individual programs and have created the same system for all of my training programs.

I have put these programs, along with a few others, on my website [My Workout Creator](#). With this site you will have to ability to apply these simple guidelines to all of your workouts, including the ab workouts discussed in this report. The program is simple. You just enter in your fitness goal, your fitness level, and what equipment you have available. In the matter of seconds you will be given a customized workout with video demonstration, that will guarantee to get you results. We have one of the largest exercise libraries on the internet of over 1200 exercises so you will never be bored doing the same workout over and over.

Along with being able to create unlimited workouts each month you will have access to our premade workout library filled with some of my favorite fat loss workout programs as well as programs from other top fitness experts such as Craig Ballantyne and Alwyn Cosgrove. This program is like having access to a personal trainer for a fraction of the price. As a special bonus offer to picking up this free report you have access to 50% off your first month on the website. I am so sure that you will love the program I will offer a 60 day 100% satisfaction guarantee. If you are not happy you can receive a full refund no questions asked.

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Check it out today:



[Click Here For 50% Off Your First Month](#)

Sincerely,

Mike Deibler M.S., C.S.C.S.  
Founder  
[My Workout Creator](#)

P.S. I put a 100% guarantee on all my programs so there is absolutely no risk to you.  
[Click here to get started with your workouts.](#)