

Ab Definition 2.0
by Shawna Kaminski

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**Quick Bodyweight
Workouts to Carve Your Abs**

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly.

Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Ab Definition 2.0

Who doesn't want a trimmer and tighter mid-section?

I get frustrated when I see people training abs. There's so much misinformation out there.

Even so called 'experts' get it wrong many times. What I see trainers having clients do, or group X instructors do is they give a client a move that is TOO difficult. The client makes an effort to do the move, but in doing so, they work other muscles to compensate for their weak abdominal muscles.

The thing to remember with training abs is that sometimes 'less is more'.

It's best to train the core strictly and once failure is achieved, you're done. By doing more, you don't necessarily do yourself any favors.

As well, there's the whole concept of 'weighted ab work'.

Weighted abs? Yay or nay?

Weighted abs is a pretty old school abdominal training method. I see several people doing these movements at the gym. Things like hooked feet and a plate being held at the chest for sit ups, weighted side bends and I see a line up at weighted ab machines.

Let's discuss why the concept of doing weighted abs is flawed.

First off, the weighted sit up...



The sit up, especially with hooked feet, will tax the hip flexors more than the abdominals. The rectus abdominus will fire, yes, you'll get a burn in your abs, but you also potentially can strain the back, especially when adding a 25-45 lb plate to the load. Your possibly already-too-tight-hip flexors will carry the majority of the load as well.

Any weighted side bends are also on the 'nay' list. The spine isn't designed to sustain the sheer that this movement causes. Again, the impetus for potential back strain is there.

Any machine that has your legs locked in a position while you do forward or side flexion is potential for back injury.

Get the message? Your back can be seriously strained while your abdominals aren't seriously taxed. The risk to benefit ratio is far too high with these movements.

Another reason these exercises aren't very effective is that they may the abdominal wall, but more likely, they work muscles like the hip flexors (usually already too tight due to excessive sitting).

The quiet and shy muscle, the transverse abdominus will not fire under these loaded positions.

Let me introduce you to the transverse abdominus, hidden under those other ab muscles...

The transverse abdominus is a muscle that, when strong, aids with core stability and reduces back pain and strain.

Any movement that involves planking will help get this muscle firing.

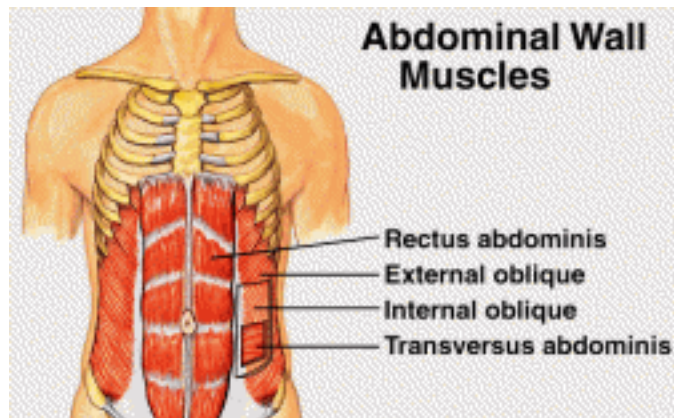
I've got some cool workout challenges for you to follow. But follow common sense when doing them. If you feel any back pain, stop. When you feel that your abdominals are done, stop. Training abs is different than squatting to failure. Slowly build up abdominal and core strength.

These short ab blasting workouts are perfect to throw in AFTER your Treadmill Fat Loss workout.

Or, if you're anything like me, and like to 'do a little something' pretty much every day, these workouts fit the bill for a 'day off' workout. Do one or string a few of them together to get in a lower intensity workout.

All you'll need is your body weight, a little space, a timer and the willingness to work your abs without doing a single crunch ☺

Let's get started!



#1 Planks and Get Ups

Set your timer for 30 seconds work, 10 seconds transition:

- Side plank
- Get ups
- Other side plank
- Front plank
- Rest 30 seconds or as necessary

Repeat three times.

#2 Walk the Plank

Set your timer for 8 minutes and do as much as you can. Count down reps 10, 8, 6, 4, 2 (begin to count back up if time allows).

- Inchworm walk out
- Spider crawl (R/L count as one rep)
- Floor leg raises

#3 Blame the Turks

Set your timer for 8 minutes and do as much as you can. Count down reps 10, 8, 6, 4, 2 (begin to count back up if time allows). Add a DB or KB to this to increase intensity.

- Turkish get up right
- Turkish get up left
- Spider crawl (R/L count as one rep)

#4 Keep Choppin'

Set your timer for 40 seconds work/10 seconds transition to do the following:

- Wood chop right
- Mountain climber
- Wood chop left
- Spider crawl
- Reverse lunge with twist

Repeat.

Rest as needed between sets.

#5 FUW Plank

Set your timer for 1 minute work/10 second rest.

Do 5 burpees and FUW a front plank

Repeat for five rounds.

**FUW means to do exercise one and then finish the rest of the minute doing exercise two.*

#5 FUW Sit Outs

Set your timer for 1 minute work/10 second rest.

Do 5 sit outs (L/R is one rep) and FUW a front plank

Repeat for five rounds.

**FUW means to do exercise one and then finish the rest of the minute doing exercise two.*

#6 To a T

Set your timer for 8 minutes. Do the following in AMRAP (as many rounds as possible) style:

- 10 T push ups (L/R is one rep)
- 8 burpees
- 6 per leg spider crawl
- 4 inchworm walk outs
- 2 squat jumps

Rest as needed. Repeat this set for 8 minutes.

#7 Look Ma One Hand

Set your timer for 20 seconds work/10 seconds rest/transition. Do the following:

- single arm plank
- other arm plank
- burpees
- single leg plank
- other leg plank
- sit outs

Rest as required between sets, repeat one to two times more.

#8 Around the Clock Abs

Set your timer for 40 seconds work, 10 seconds rest/transition

- 'Around the clock plank' (Do a high plank walk the hands to 3 o'clock, back to 12 o'clock, then to 9 o'clock, back to 12 o'clock. The feet are the pivot point)
- Turkish get up left (DB optional)
- Turkish get up right (DB optional)
- 'Around the clock plank'
- Side plank right
- Side plank left

Rest as required, repeat entire set.

#9 No Crunch Abs

Set your timer for 8 minutes. Start with 10 reps of each exercise. Count down 10, 9, 8....1. If you get to the bottom of the ladder in the time limit, start to count back up.

- Get ups (L/R is one rep)
- Shoe touch (L/R is one rep)
- Spider crawl (L/R is one rep)
- Floor leg raises
- Burpee

#10 Big Finish!

Set your timer for 50 seconds of work with a 10 second transition. Do the following twice through:

- Plank reach
- Turkish get up left (DB optional)
- Turkish get up right (DB optional)
- Spider crawl
- Shoe touch

Repeat

Exercises

1. Around the clock plank

- Assume a high plank position.
- The feet are the pivot point.
- Imagine a clock face and walk the body from the 12 o'clock position to the 9 o'clock position, back thru the 12 o'clock position and over to the 3 o'clock position.
- Keep the hips level, avoid hip rocking.



2. Burpees

- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)



3. Floor leg raises

- Lay on the back with the legs in the air.
- Keep the lower back in contact with the ground at all times.
- Lower the legs towards the floor, the lower the feet go, the more intense and difficult for the core.
- Return the legs into the air.
- Optional: rock the hips completely off the floor at the top of the movement.



4. Front plank

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



5. Get ups

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.



6. Inchworm walk out

- Start in a standing position.
- Fold at the waist and walk the hands into a high plank.
- Optional: push up.
- Walk the hands back towards the feet.
- Hinge at the hip and stand up



7. Mountain climber

- Get into a plank position
- Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- Switch legs as quickly as possible



8. Plank reach

- Assume a high plank position, balance on the hands or the elbows
- Slide one hand forward as much as possible while maintaining the shoulders and hips at the same level
- Repeat with opposite hand



9. Reverse lunge with twist

- Lace the hands behind the head to assume a prisoner position.
- Lunge one leg back, dropping the knee to the floor.
- Turn the opposite elbow towards the knee, keeping the core tight.
- Return to standing, repeat on the opposite side.



10. Shoe touch

- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs



11. Side plank

- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder



12. Single arm plank

- Assume a plank position on the elbows.
- Widen the stance with the feet.
- Brace the stabilizing arm horizontally whilst lifting the other arm.
- Rest the lifted arm across the back or extend to the side.
- Maintain a square hip position to the floor.
- Repeat on the opposite side.



13. Single leg plank

- Assume a plank position on the elbows.
- Lift one leg off the floor while maintaining square hips to the floor.
- Repeat on the opposite side.



14. Sit outs

- Get into a high plank position and bring the knees close to the elbows
- Slide one leg under the body and extend to one side
- Drop the hip to the ground
- Repeat on the other side
- Move as quickly as possible from one side to the other



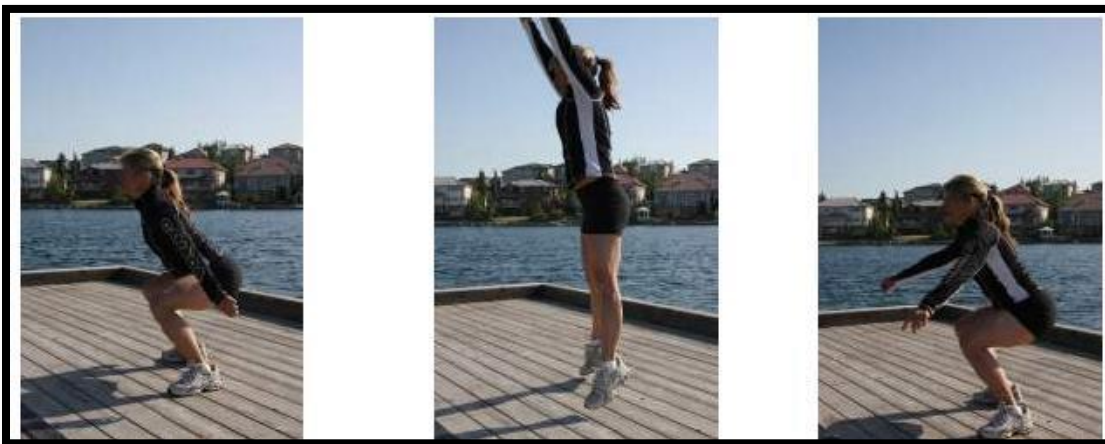
15. Spider crawl

- Assume a high plank position
- While keeping the hips level, bring one foot up as close to the same hand as possible
- Return to the high plank position
- Repeat with the other foot



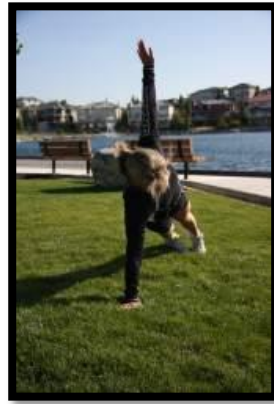
16. Squat jumps

- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position
- Modify – eliminate the jump



17. T push up

- Start in plank position (drop to knees or table top position if needed)
- Do a push up
- Once body is in a plank, balance on one hand and rotate the entire body
- Open up to a side plank position, balancing on one hand and toes
- Slowly lower the hand back to the ground
- Repeat the push up and open up to the opposite side
- The 'goal' of this movement is to maintain the plank body position on one hand and toes in the open 'T' position. It may be necessary to do the push up from the knees, but then return to the toes for the 'T' position.



18. Turkish get up

- Start on the floor with one hand extended in the air and that same leg bent.
- Sit up.
- Swing the extended leg around behind while putting the hand down for balance.
- Stand up from a lunge position.
- Return to the floor by reversing each action.
- Lunge back, put the hand on the floor for balance.
- Swing the leg to the front.
- Slowly lower the body to the floor keeping the hand in the air.



19. Wood chops

- Lace the fingers together and drop them to one hip.
- Lift in a diagonal direction until the hands are overhead.
- Keep the core braced.
- Return the hands to the hip, repeat.
- Do the same on the opposite side

