



BULLETPROOF ABS

WARNING: This eBook is for your personal use only.
You may **NOT** Give Away, Share Or Resell This Intellectual Property In Any Way

All Rights Reserved

Copyright © 2016 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program

Welcome to Bulletproof Abs!

As the title implies, this program is meant to bulletproof your abs. That means they look good and perform even better.

The goal of creating this for you was to challenge your abs like they've never been challenged before, while simultaneously doing what no other program has been able to accomplish: balancing you out.

Also its to make you have abs girls drool over...It has happened.

Normally, bodybuilders and fat loss extremists train and get imbalanced. They often get injured, or they end up hitting plateaus. Not us!

We're going to dominate. We are badasses. We perform like gods and look like models.

BP ABS is going to rip you up and shred you down. Your body is going to transform at an incredible rate. But, I'm depending on you to give every workout maximum effort.

Deal?

Excellent!

There will be 10 different circuits which you can add on BEFORE your anabolic stretch. Mix and match em. Some are harder. Some are easier. Some require equipment. Others do not.

I wanted to give you all the options so that you never have an excuse not to complete a circuit.

Let's get started.

Circuit 1- Beginner bodyweight only

Exercise	Reps/Time	Sets	Temp
Plank	1 min	2	hold for 60 s
Hanging Leg Raises	8	2	2 sec up, 2 sec down
Side to side knee ups	8 per side	2	2 sec up, 2 sec down
Side Plank	30s per side	2	hold for 30s

Notes : Rest 30s between exercises and 2 min between sets. Complete 2 sets

Circuit 2- Intermediate bodyweight only

Exercise	Reps/Time	Sets	Temp
Plank	2 min		3 hold for 120 s
Hanging Leg Raises		12	3 2 sec up, 2 sec down
Side to side knee ups	12 per side		3 2 sec up, 2 sec down
Side Plank	30s per side		3 hold for 30s

Notes : Rest 10s between exercises and 1 min between sets. Complete 3 sets

Circuit 3 - Advanced bodyweight only

Exercise	Reps/Time	Sets	Temp
Plank	3-5min		3 hold
Hanging Leg Raises	15-20		3 2 sec up, 2 sec down
Side to side knee ups	15-20		3 2 sec up, 2 sec down
Side Plank	1 min per side		3 hold for 60s

Notes : Rest 0s between exercises and 30s between sets. Complete 3 sets

Circuit 4- Beginner with weights

Exercise	Reps/Time	Sets	Temp
Weighted Hanging Leg Raises	8 with dumbbell between feet.		2 2 sec up, 2 sec down
Weighted Incline Crunch		8	2 2 sec up, 2 sec down
Weighted Cable Crunch		8	2 2 sec up, 2 sec down
Russian twist with medicine ball	15 twists		2

Notes : Rest 30s between exercises and 2 min between sets. Complete 2 sets

Circuit 5- Intermediate with weights

Exercise	Reps/Time	Sets	Temp
Weighted Hanging Leg Raises	10 with dumbbell between feet.		3 2 sec up, 2 sec down
Weighted Incline Crunch		12	3 2 sec up, 2 sec down
Weighted Cable Crunch	12-15		3 2 sec up, 2 sec down
Russian twist with medicine ball	30 twists		3

Notes : Rest 30s between exercises and 1 min between sets. Complete 3 sets

Circuit 6 - Advanced with weights

Exercise	Reps/Time	Sets	Temp
Weighted Hanging Leg Raises	12 with dumbbell between feet.		3 2 sec up, 2 sec down
Weighted Incline Crunch		15	3 2 sec up, 2 sec down
Weighted Cable Crunch		15	3 2 sec up, 2 sec down
Russian twist with medicine ball	Failure		3

Notes : Rest 10s between exercises and 1 min between sets. Complete 3 sets

Circuit 7 - Beginner Mixed

Exercise	Reps/Time	Sets	Temp
Plank	1 min		2 hold for 60 s
Weighted Hanging Leg Raises		8	2 2 sec up, 2 sec down
Side to side knee ups	8 per side		2 2 sec up, 2 sec down
Russian twist with medicine ball	15 twists		2

Notes : Rest 30s between exercises and 2 min between sets. Complete 2 sets

Circuit 8 - Intermediate Mixed

Exercise	Reps/Time	Sets	Temp
Plank	2 min		3 hold for 120 s
Weighted Hanging Leg Raises		12	3 2 sec up, 2 sec down
Side to side knee ups	12 per side		3 2 sec up, 2 sec down
Russian twist with medicine ball	30 twists		3

Notes : Rest 30s between exercises and 1 min between sets. Complete 3 sets

Circuit 9 - Advanced Mixed

Exercise	Reps/Time	Sets	Temp
Plank	3-5min		3 hold
Weighted Hanging Leg Raises		15	3 2 sec up, 2 sec down
Side to side knee ups	15 per side		3 2 sec up, 2 sec down
Russian twist with medicine ball	45 twists		3

Notes : Rest 10s between exercises and 1 min between sets. Complete 3 sets

Circuit 10 - Expert Mixed

Exercise	Reps/Time	Sets	Temp
Plank	Failure		4 failure
Weighted Hanging Leg Raises		18	4 2 sec up, 2 sec down
Side to side knee ups	18 per side		4 2 sec up, 2 sec down
Russian twist with medicine ball	Failure		4
Weighted Incline Crunch		15	4 2 sec up, 2 sec down

Notes : Rest 30s between exercises and 1 min between sets. Complete 4 sets

Bulletproofing The Spine

Most abs programs focus on excessive amounts of forward flexion (crunch style movements), which destabilize the spine, increasing your risk of back pain and injury and do little to develop great abs. Bulletproof Abs combats this by adding in some mobility work.

The Back Bridge

- > Stretches out the anterior chain (quads, hip flexors, abs, and chest, plus lats)
- > Contracts the posterior chain (hamstrings, glutes, low back, upper back, and triceps, plus shoulders)

This exercise has saved my back. As someone who spends a lot of time sitting to write, I'm prone to suffer from lower back pain. However doing the back bridge has bulletproofed me. It has strengthened the deep muscles along my spine that reinforce proper posture and spinal alignment allowing me to live pain and injury free.

Another cool benefit? Done frequently and consistently, the back bridge has been shown to lengthen your spine up to half an inch!

The L-Sit Hold

- > Stretches out the posterior chain
- > Strongly contracts the anterior chain

There's more to six pack abs than the front muscles known as the rectus abdominals. There is also the deeper, internal alignment muscles, such as the psoas, the hip flexors, the iliacus and the transverse abdominals which play an important role in body alignment.

When the deep abs are neglected, your body can become out of alignment and suffer. The L-sit is one of the exercises that directly targets the deep abs and prevents this weakening.

The Twist Hold

The majority of people train to look good naked and perform in the real world. The problem is that this rarely involves twisting movements. Twisting helps strengthen and stretch the deep muscles involved in rotation. This helps bulletproof the back and hips as well as improves full body healing via blood flow stimulation.

--> Stretches out the lateral chain plus the rotator cuff

--> Contracts the lateral chain of the opposite side plus the rotator cuff

BP Abs Mobility Program - 3x a week in the morning or before bed...

Exercise	Sets	Hold Time	Rest btwn sets
Twist Hold	2	30s each side	1 min
L-Sit Hold	3	30s each side	1 min
Back Bridge Hold	3	30s each side	1 min