

Name: _____

Week: _____

Phase 1 - Neuro-Abdominal Reprogramming (Weeks 1-4)

Circuit A

Exercise	Reps/ Time	Sets	Temp	Rest	Actual Reps/ Time Completed	Actual Sets Completed
Weighted Hanging Leg Raises	30-60s	3-4	Slow squeeze	1 min		
Weighted Decline Crunch	30-60s	3-4	Slow squeeze	1 min		
Weighted Cable Crunch	30-60s	3-4	Slow squeeze	1 min		
Russian twist with medicine ball	30-60s	3-4	Slow squeeze	1 min		

Phase 1 - Neuro-Abdominal Reprogramming (Weeks 1-4)

Circuit B

Exercise	Reps/ Time	Sets	Temp	Rest	Actual Reps/ Time Completed	Actual Sets Completed
Plank	30-60s	3-4	Static Hold	1 min		
Weighted Hanging Leg Raises	30-60s	3-4	Slow squeeze	1 min		
Side to side knee ups	30-60s	3-4	Slow squeeze	1 min		
Russian twist with medicine ball	30-60s	3-4	Slow squeeze	1 min		

How to: Perform 3 sets of a given exercise, resting 1 min between sets. Then move on to the next exercise. Week 1-2 use the low end of the time/sets. By the time you get to week 6 you should be doing 4 sets of each exercise holding for 60s.

Perform either circuit A or B (alternating) after every workout that you do.

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Phase 2 Deep Ab Development (Weeks 5-12)

Circuit A

Exercise	Reps/Time	Sets	Rest	Actual Reps	Actual Sets
A1 - Cable Crunch	8-12	3-4	None		
A2 - V-Up	To Failure	3-4	60-90s		
B1 - Weighted hanging leg raises	8-12	3-4	none		
B2 - Swiss ball crunch	To Failure	3-4	60-90s		

Phase 2 Deep Ab Development (Weeks 5-12)

Circuit B

Exercise	Reps/Time	Sets	Rest	Actual Reps	Actual Sets
A1 -Weighted hanging leg raises	8-12	3-4	None		
A2 - Hollow Body Hold	To Failure	3-4	60-90s		
B1 -1 arm serratus crunch	8-12	3-4	none		
B2 - GHD crunch	To Failure	3-4	60-90s		

How To: We will use two different workouts (A & B) and they are alternated during the week. I recommend hitting abs three or four times per week during this phase.

Since I believe in abs blitzes, you will not do any direct abs work during Week 8 & 12.

In this phase, I will give you a rep number prescription, but do all the reps with maximum tension as we practiced during phase 1.

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Phase 3 - Targeted Fat Loss (Weeks 13-16+)

Circuit A

Exercise	Reps/Time	Sets	Rest	Actual Reps	Actual Sets
A1 - Cable Crunch	12-15	4-8	None		
A2 - Stair climber	45s MAX effort	4-8	45-60s		
A3 - Hollow body hold	Failure	4-8	None		
A4 - Treadmill sprint	45s MAX effort	4-8	45-60s		

Phase 3 - Targeted Fat Loss (Weeks 13-16+)

Circuit B

Exercise	Reps/Time	Sets	Rest	Actual Reps	Actual Sets
A1 - Weighted Hanging Leg Raises	12-15	4-8	None		
A2 - Bike Sprint	45s MAX effort	4-8	45-60s		
A3 - Swiss ball Jackknife	12-15	4-8	None		
A4 - Row machine	45s MAX effort	4-8	45-60s		

How To: The premise is simple - Go back and forth between an ab exercise and a conditioning exercise. We will use two different workouts (A & B) and they are alternated during the week. I recommend hitting abs three or four times per week during this phase.

Again if the abs aren't burning, they aren't working. Ensure maximum tension while working the abs like we practiced in phase 1.

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Exercise Substitution

Bike Sprints can be substituted for other forms of cardio (rowing, regular sprinting, etc.) Ab exercises can be substituted for other of ab exercises from the substitution chart.

Bodyweight	Weighted	Cardio Options
Captain's chair leg raise	Weighted Captain's chair leg raise	Sprinting
Hanging leg raise	Weighted Hanging leg raise	Bike Sprints
air bicycle	Cable Crunch	Treadmill Sprints
ab wheel roll out	Weighted plank	Rowing
Plank / side plank	Weighted decline crunch	Recliner Bike
V-Up	Medicine ball russian twists	Jumping Rope
Decline Crunch	Standing Serratus crunch	Burpees
Swiss ball jack knife	1 arm serratus crunch	Jumping Jacks
Hollow body hold	Farmer's walk	Stair Master
Seated knee tuck	Zercher Carry	Elliptical
GHD crunch		Ladder work