

# MuscleTech \$50K Transformation Contest

## ABDOMINAL WORKOUT <sup>[1]</sup>

(Beginning, Intermediate, and Advanced Sessions)

### **Abs Workout 1: Beginner**

EXERCISE	SETS	REPS
1. Reverse Crunch	2	20
2. Crossover Crunch	2	20
3. Crunch	2	20

Rest 30-45 seconds between sets.

### **Abs Workout 2: Intermediate – Circuit (3 passes)**

EXERCISE	SETS	REPS*
1. Reverse Crunch	1	25
2. Oblique Crunch	1	25 (per side)
3. Straight-Leg Crunch	1	25

Do all three exercises as a circuit with no rest between movements.

After you finish the circuit, rest 30 seconds and repeat two more times.

### **Abs Workout 3: Advanced**

EXERCISE	SETS	REPS*
1. Hip Thrust	3	20
2. Reverse Crunch	2	20
3. Oblique Crunch	3	20
4. Straight-Leg Crunch	3	20
5. Crunch	2	20

Rest 20-30 seconds between sets

- \* Since these are all body weight exercises, it may be difficult to reach fatigue at the suggested rep count provided, especially if you're trying to build thicker abs. In that case, go for the more-advanced variation, shorten your rest period between sets, hold the peak contraction for a second, and/or slow down your cadence. If you still need more burn, try adding in the additional exercise below to your circuit or routine.

### **Abs Additional Exercise: (Intermediate – Advanced) <sup>[2]</sup>**

EXERCISE	SETS	REPS*
1. V-Up	Int: 1 / Adv: 2	25 / 20

**REFERENCES** (the "Abdominal Workout" is a version of the program [1] with [2] added):

[1] Geiger, Bill. "5 Minute Abs". *Muscle and Fitness*. Apr 2004, pp. 134-140

[2] Yessis, Michael. "V-Up: Training Notebook – Abs #1". *Muscle and Fitness*. Apr 2004, pp. The M&F Pullout