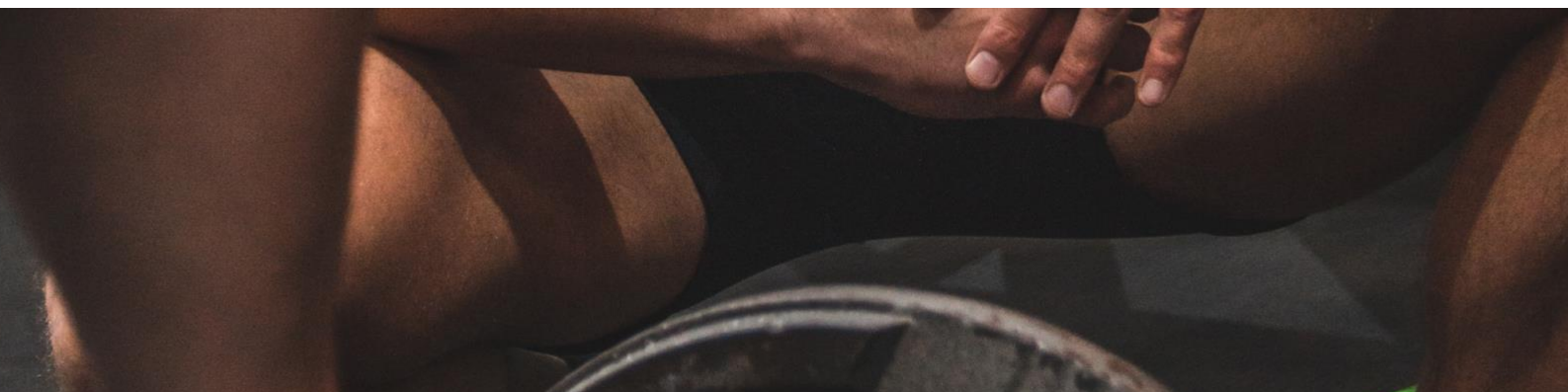




**FREE ABDOMINAL GUIDE**



**The aim:** For phase 1 of the program, the goal is to build strength and stability within the core muscles. For phase 2 the aim is build the abdominal wall and produce muscle growth within the core.

**Length of phases:** 2-3 weeks each

**Frequency:** Perform each workout 1-2 times per week, they can be an addition to your normal training session. Aim to take at least 1 day off in between each workout, you can still do some light core work on days in between though for superior results.

**Sets and reps:** Please see below

**Rest period:** Rest 60-90 secs between each set

**Focus:** Perform each exercise in a slow and controlled manner with correct form (See videos demonstrations for instruction)

## PHASE ONE: Core strength and stability, 2-3 weeks

### Foundational Workout 1

<b>Bird dog</b>	2 x 10-20 each side
<b>Band twist</b>	2 x 5-10, 5 sec squeeze
<b>Dead bug</b>	3 x 10-15
<b>Sit ups on physio ball</b>	3 x 10-15

### Foundational Workout 2

<b>Floor plank</b>	3 x 20 secs- 1 min
<b>Physio ball rotations</b>	3 x 10-20 Slow
<b>Roman chair sit up</b>	3 x 8-15



## PHASE TWO: Hypertrophy, 2-3 weeks

### Foundational Workout 1

<b>Physio ball reach out</b>	3 x 15-25 Superset
<b>Physio ball crunch</b>	3 x 10-20
<b>Band twist</b>	3 x 15-20 Superset
<b>Reverse curls</b>	3 x 10-20

### Foundational Workout 2

<b>Roman chair sit ups</b>	4 x 15-25 45sec rest
<b>Alternate v ups</b>	2 x 15-30 Superset
<b>Wood chop with band</b>	2 x 15-20