



THE OFFICIAL BODYBUILDING WAREHOUSE **GUIDE TO**

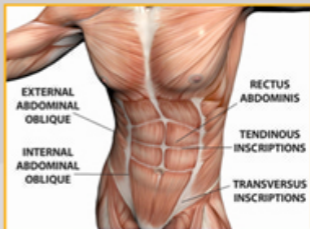
ROCK HARD ABS

IN JUST 6 WEEKS

Welcome to the Bodybuilding Warehouse 6 weeks abs program. A lean aesthetic midsection is something that we all strive for and unlike any other body part it speaks volumes of your healthy lifestyle.

In order to build the abdominals we need to take a different smarter approach than lifting heavy weights like we do for legs and chest and that's exactly what this program is about.

The abs are made up primarily of 4 muscles to help us move around and provide us with support.



Bodybuilding Warehouse workout rules-

- Each workout circuit should be completed three times a week
- Take 30 seconds rest after one circuit then start again
- Rest for at least a day between workouts
- If you injure yourself, rest up and continue the workout another day
- Each workout should take 10 minutes to complete
- Focus on each movement and the contraction of the muscle
- Rest for at least one day between workouts

WEEK 1

Perform all exercises listed below (1 circuit), rest for 30 seconds then repeat the circuit 1 more time.

Pelvic Tilt	15 – 20 reps
Twisting exercise ball crunch	10 – 12 reps
Side Bridge	5 reps
Crunch	15-20 reps

WEEK 2

Perform all exercises listed below (1 circuit), rest for 30 seconds then repeat the circuit 1 more time.

Exercise ball crunch	12 – 15 reps
Twisting crunch	10 – 12 reps
Exercise ball pull-in	10 reps
Plank	1 rep

WEEK 3

Perform all exercises listed below (1 circuit), rest for 30 seconds then repeat the circuit 1 more time.

Reverse Crunch	10 – 12 reps
Exercise ball jackknife	10 – 12 reps
Side crunch	10 reps
Lying alternate leg extensions	12 – 15 reps

WEEK 4

Perform the first 2 exercises in the first superset, rest for 30 seconds then repeat one more time before moving onto the second superset.

Hip thrust -SUPERSET	12 – 15 reps x 2sets
Pullover crunch on exercise bal	12 – 20 reps x 2 sets
Hanging leg raises -SUPERSET	10 – 12 reps x 2 sets
Lateral exercise ball crunch	12 – 15 reps x 2 sets

WEEK 5

Perform the first 2 exercises in the first superset, rest for 30 seconds then repeat one more time before moving onto the second superset.

Plank with arms extended -SUPERSET	1 rep x 2 sets
Twisting hanging leg raises	10 – 12 reps x 2 sets
Exercise ball roll out -SUPERSET	10 – 12 reps x 2 sets
Twisting exercise ball pull-in	12 – 15 reps x 2 sets

WEEK 6

Perform the first 2 exercises in the first superset, rest for 30 seconds then repeat two more time before moving onto the second superset.

Split leg crunch -SUPERSET	12 – 15 reps x 3 sets
Lower body rotation on exercise ball	10 – 12 reps x 3 sets
Scissor kick -SUPERSET	20 – 25 reps x 3 sets
Exercise ball jackknife	10 – 15 reps x 3 sets