Contents

Introduction	7
PART 1 20 Steps to Creating the Perfect Core Workout Program	9
1. Set your goals	10
2. How many workouts should you	, 0
do each week?	10
3. On which days of the week	
should you exercise?	11
4. Should you exercise once or	
twice per day?	11
5. What time of day should you	
exercise?	11
6. How many sets should you do?	
7. Be flexible and adaptable8. How many exercises should	12
you do for each muscle?	13
9. When should you change	13
exercises?	14
10. How many repetitions should	
you do per set?	14
11. How quickly should you perform	
repetitions?	15
12. Adjust range of motion in the	
exercises	17
13. How long should a workout last?	18
14. How much rest time should you	
take between sets?	18
15. Determine the most appropriate	20
weight for each exercise	20
the weight?	20
17. Determine rest time between	20
exercises	21
18. Learn to choose exercises that	
work for you	22
19. Know when to change your	
workout program	
20. Taking a vacation?	
Keep a Workout Notebook	
Making Progress	25

PART 2	
Increase the Visibility	
of Your Abs	27
Ein Vous Aba	
Exercising Your Abs	00
for a Smaller Waist	
Intensity First!	28
Diet as a Way to Slim Your Waist	
Diet Plus Workout Synergy	29
Improving the Effectiveness	
of Your Diet	
Role of Supplements	
BCAAs for Losing Belly Fat	29
Calcium: The Anti-Belly Fat Mineral	30
DEPT 2	
PART 3	
Basic Exercises	
to Sculpt Your Abs	33
Anatomical Considerations	34
Beware of Fake Abdominal Exercises!	
If You Have an Inquinal, Femoral,	30
or Abdominal Hernia	20
Rectus Abdominis Exercises	
Crunch	
Lying Leg Raise	
Seated Leg Raise	
Oblique Exercises	
Apollo's Belt	
Twisting Crunch	
Side Crunch	
Stability Exercises	58
Static Stability, Back Against Wall	
Plank	60
Breathing Exercises to Improve	
Athletic Performance	63
Lying Rib Cage Expansion With a Weight	
Diaphragm Contraction	
Stretching the Abdominal Muscles	66
On a Stability Ball	
Stretching the Hip Flexors	67
Tilting of the Pelvis	67
Abdominal-Lumbar Balance	67
Lunge	68
Stretching the Low Back	
Preventing Low Back Pain	
Relaxation Stretch on a Stability Ball	
Hanging From a Pull-Up Bar	

and Techniques	75
Three Difficulties of Abdominal Wor. How to Isolate Upper Abdominal	k 76
Work From Lower Abdominal Work Why Are the Lower Abdominal	76
Muscles So Hard to Develop?	76
1. It is difficult to recruit that part of the muscl	e 76
2. Lower abs lack strength	
3. It is difficult to isolate the lower part	
4. Lower abs are not robust	
5. Many exercises are inappropriate	77
Three Zones of Attack	
for Total Development	
Relative Importance of Each Zone	
Getting a Head Start on Recovery	78
Exercises for the	
Upper Abdominal Muscles	
Double Crunch	
Sit-Up	80
Exercises for the	
Lower Abdominal Muscles	
Pelvic Tilt on the Pull-Up Bar	
Leg Lift	
Hanging Leg Raise	
Exercises for the Obliques	
Hanging Leg Raise to the Side	
Lying Twist	98
PART 5	
Exercises Using Machines and Accessories	101
Purpose of Home Equipment	
Professional Machines Exercises for the	102
Upper Abdominal Muscles	103
Machine Crunch	
Swiss Ball Crunch	
Rocking Machine Crunch	
Standing Cable Crunch	108
Exercises for the	
Lower Abdominal Muscles	110
Ab Coaster	110
Exercises for the Obliques	
Cable Twist (Machine or Resistance Band)	

Side Bend

114

PART 4

Workout Programs for Abdominal and Core Muscles	119
Six-Pack Programs	120
Beginning Programs	120
Advanced Programs	
Very Advanced Programs	122
At-Home Programs Using Accessories	124
Programs Using Equipment in a Gym	126
Programs to Reduce Belly Fat	127
Programs to Reduce Love Handles	
Programs to Highlight Apollo's Belt	129
Programs for Well-Being	129
Programs for Cardiovascular Health	129
Programs to Relax Your Back Before Sleep	130
Programs to Help Protect Your Lumbar Spine	132
Programs to Help With Bloating	
and Other Digestive Problems	133
Sport-Specific Core Programs	133
Phase 1: Basic Muscle Conditioning	
Phase 2: Circuit Training	
Phase 3: Improving Overall Physical Qualities	
Phase 4: Sport-Specific Training	
Exercise Index	144

PART 6