



NO EQUIPMENT

HOME AB WORKOUT

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INTRODUCTION

Welcome! This ab workout is designed to work all 4 regions of your abs (upper abs, lower abs, obliques, and your “deep abs muscle”) by just using your bodyweight. It can be done at home, at the gym, or anywhere with a few square feet of open floor.

You’ll perform this ab workout it as a circuit, moving through each exercise with just 15 seconds of rest between them. After you run through it once, you’ll rest for 2 minutes, and then repeat it for a total of 3 times.

EXERCISE	REPS
Walkouts	5-10
Reverse Crunches	10-25
Crunches	10-25
Russian Twists	1 minute

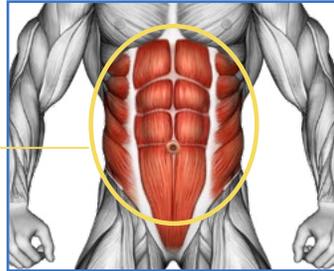
**REPEAT
X3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ab Workout	Rest	Ab Workout	Rest	Ab Workout	Rest	Rest

You can do the workout 2-3 times a week, but as you get stronger it’s important that you try to increase your reps overtime while applying the progressions mentioned in the tutorials within this PDF. This will simulate the effect of adding more weight to help your abs grow and pop more.

EXERCISE 1: WALKOUTS

TARGET:
ALL + TRANSVERSE
ABDOMINIS



This will be the most difficult exercise of the workout, and will work all your abs but with the added benefit of working a deep muscle that lies under your six-pack called the TVA (transverse abdominis). It's an important core muscle that can help "pull in" your abs to simulate a tighter waist.

STEP 1

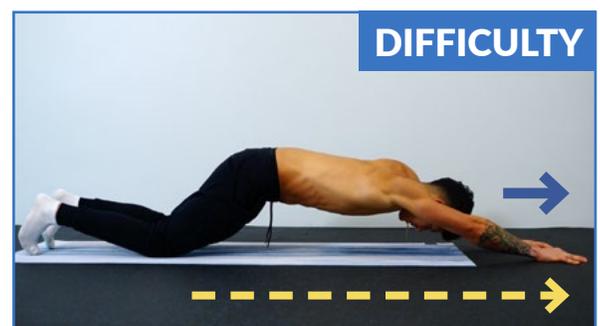
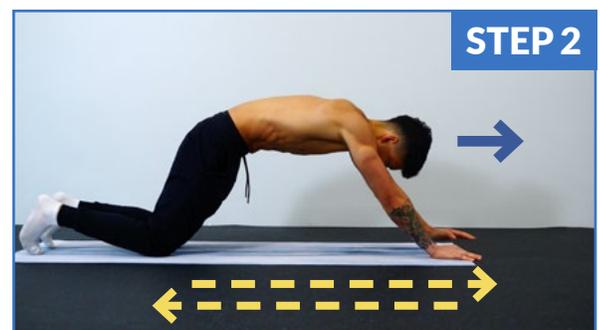
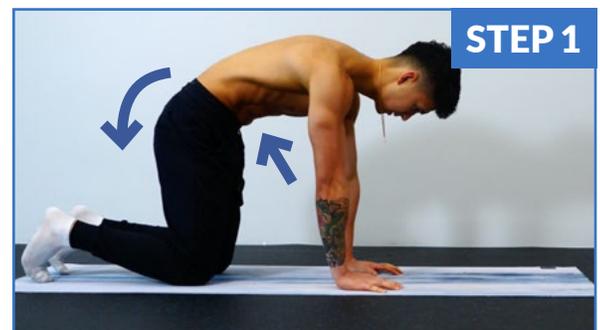
Get onto all fours with your hands under your shoulders and knees under hips. Move into something called posterior pelvic tilt by rotating your hips and contracting your abs. Pull your belly button into your spine to fully activate your TVA.

STEP 2

From here, slowly walk your hands out forward. Go only as far as you can without breaking this form and arching at your lower back, and then walk your hands back. You should feel your abs working hard to stabilize your body.

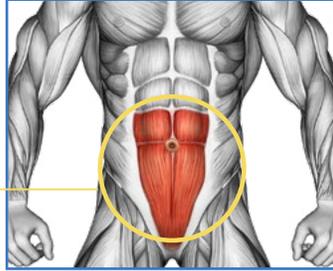
DIFFICULTY

Progress the difficulty over time by trying to get your hands further and further out, it's fine if this is just a few steps at first, it'll improve overtime.



EXERCISE 2: REVERSE CRUNCHES

TARGET: LOWER ABS



This exercise will now emphasize the lower abs by using what's known as a "bottoms-up" exercise, where the bottom half of your body is brought up towards your shoulders.

STEP 1

Lie on your back with your arms straight by your sides and knees bent to 90 degrees. Contract your abs to flatten your lower back against the floor.



STEP 2

Don't think about raising your legs, instead simply curl your pelvis up towards your belly button. Then, on the way back down, avoid arching your lower back and instead make sure it remains flat against the ground when you reach the bottom. When done properly, you should feel a strong contraction in the lower region of your abs.



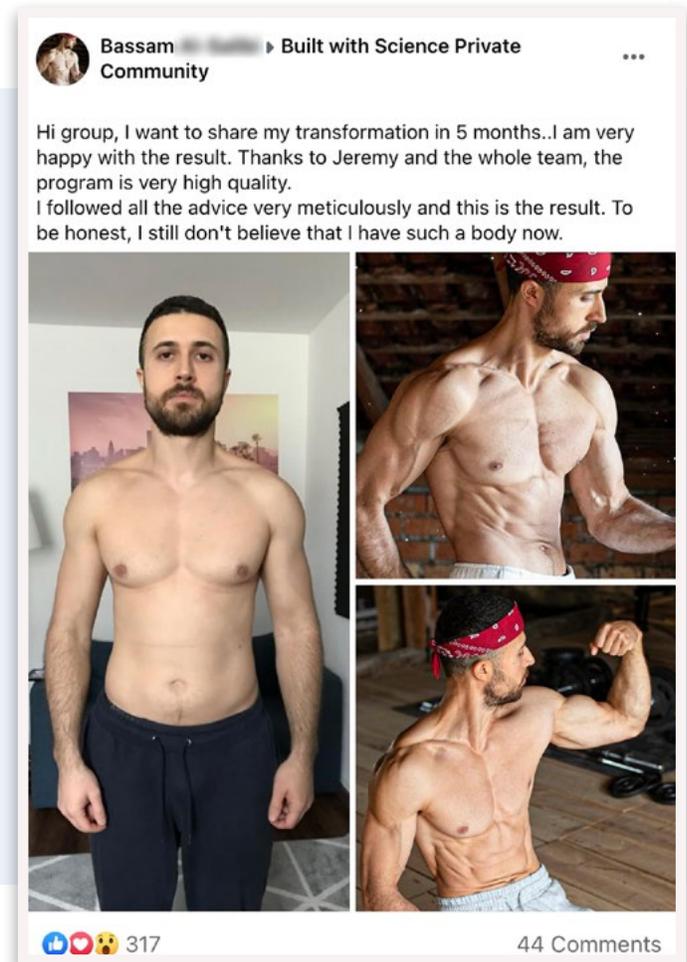
DIFFICULTY

To make it easier, simply tuck your knees in towards your upper body more. As your lower abs strengthen, you can increase the difficulty by straightening your legs out more and more.



SHORTCUT YOUR TRANSFORMATION!

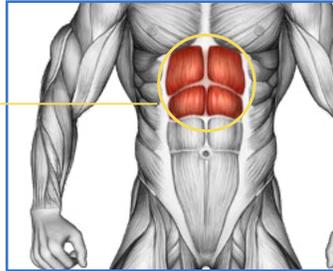
If you want to finally attain a lean, muscular physique then you need to pair your workouts with a diet plan that helps you shred off fat effortlessly while providing your muscles with the fuel they need to recover and grow to the best of their ability after each workout. What's more important than the hour you put into the gym everyday is how and what you use to then fuel your muscles while burning off stubborn fat during your several other waking hours of the day. That's exactly how thousands Built With Science members just like Bassam here were able to drastically transform their physiques.



To get started today, take my free 60 second quiz below to find out which of my programs is best for you and your specific body:

EXERCISE 3: CRUNCHES

TARGET: UPPER ABS



This exercise will now emphasize the upper abs by using what's known as a "top-down" exercise, where the top half of your body is brought down towards your hips. We'll use crunches, but performed in a way that makes them far more effective than your standard crunch.

STEP 1

Lie on your back with your knees bent and hands placed behind your head. Place a rolled up t-shirt or towel under your lower back to increase the range of motion your abs go through.



STEP 2

Given the role of the upper abs, we don't need to come all the way up as that'll just work more of the hip flexors. Instead, all we're doing is lifting the shoulder blades off the ground by flexing the spine, and then coming back down. Avoid yanking your neck as you come up and avoid using momentum. Take it slow and feel the upper abs working.



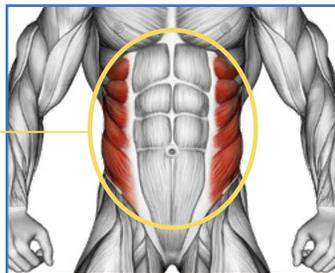
DIFFICULTY

To progress as you get stronger, place your arms straight over your head and add weight using a bottle or backpack once that becomes too easy.



EXERCISE 4: RUSSIAN TWISTS

TARGET: OBLIQUE ABS



We're going to complete the workout by covering the last region, the obliques. These muscles are best trained with exercises that rotate the torso. We'll use the popular "russian twists" but performed in a way that'll make them more effective.

STEP 1

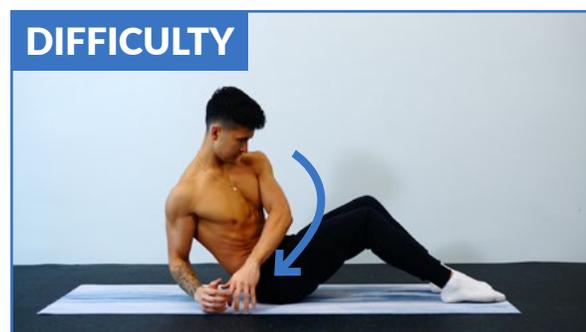
Sit on your butt with your knees bent and feet on the floor. Sitting too far upright will make the exercise easier, but less effective, so try to angle your back to about a 45-degree angle.

STEP 2

From here, the goal is to touch either side of the ground. But your hands aren't what activates your obliques, so avoid just reaching with your arms and not rotating much at your torso. Instead, let your shoulders dictate your rotation. When you reach to each side, focus on trying to line up your shoulder with your leg. For example your left shoulder lining up with your left leg when you twist to the right. Doing this will force you to rotate your torso and engage your obliques as a result.

DIFFICULTY

To progress this move overtime, you can raise your feet off the ground slightly and try to reach further and further out with your arms to force your obliques to work harder to stabilize your body.



ADDITIONAL COMMENTS

I hope this PDF is useful for you!

I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



WEBSITE



INSTAGRAM



YOUTUBE



TIKTOK



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ENJOY!

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Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed **solely at your own risk**;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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