



# ANABOLIC ABS

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# WORKOUT 1: ANABOLIC ABS

<b>MINUTE 1:</b>  COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS	<b>BURPEE</b>  <b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT
<b>MINUTE 2</b>	<b>ROCKING PLANK</b>  <b>FOCUS:</b> STRENGTH / STABILIZATION <b>HINT:</b> FLEX ABS WHEN PERFORMING MOVEMENT
<b>MINUTE 3</b>	<b>RUSSIAN TWIST</b>  <b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK
<b>MINUTE 4</b>	<b>SPIDERMAN PLANK</b>  <b>FOCUS:</b> OBLIQUES <b>HINT:</b> BRING KNEE HIGH TO CHEST
<b>MINUTE 5</b>	<b>FALCON CRUNCH</b>  <b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS.
<b>MINUTE 6</b>	<b>HIGH KNEES</b>  <b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 2: ANABOLIC ABS

<b>MINUTE 1:</b>  COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS	<b>MOUNTAIN CLIMBERS</b>  <b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT
<b>MINUTE 2</b>	<b>CRUNCHES</b>  <b>FOCUS:</b> ENTIRE 6 PACK <b>HINT:</b> FLEX ABS WHEN PERFORMING MOVEMENT. VISUALIZE YOUR 6-PACK
<b>MINUTE 3</b>	<b>RUSSIAN TWIST</b>  <b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK
<b>MINUTE 4</b>	<b>ALT. TOE TOUCH</b>  <b>FOCUS:</b> OBLIQUES <b>HINT:</b> REACH FOR SHIN, ANKLE, OR TOES
<b>MINUTE 5</b>	<b>21 CRUNCH</b>  <b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS
<b>MINUTE 6</b>	<b>BURPEES</b>  <b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 3: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>SPRINT IN PLACE</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>SEATED JACKKNIFE</b></p> <p><b>FOCUS:</b> ENTIRE 6 PACK <b>HINT:</b> FLEX ABS WHEN PERFORMING MOVEMENT. VISUALIZE YOUR 6-PACK</p>
<p><b>MINUTE 3</b></p>	<p><b>TOWEL SLIDES</b></p> <p><b>FOCUS:</b> LOW ABS <b>HINT:</b> FOCUS ON SQUEEZING YOUR ABS AND VISUALIZING YOUR LOWER SECTION</p>
<p><b>MINUTE 4</b></p>	<p><b>REVERSE CRUNCH</b></p> <p><b>FOCUS:</b> LOW ABS <b>HINT:</b> REACH FOR SHIN, ANKLE, OR TOES</p>
<p><b>MINUTE 5</b></p>	<p><b>BUTTERFLY KICKS</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 6</b></p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 4: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>BURPEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>RUSSIAN TWIST</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>SIDE-TO-SIDE HEAL TOUCHES</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> SQUEEZE THE OBLIQUES CONSTANTLY</p>
<p><b>MINUTE 4</b></p>	<p><b>TOE-TOUCHES</b></p> <p><b>FOCUS:</b> LOW ABS <b>HINT:</b> REACH FOR SHIN, ANKLE, OR TOES</p>
<p><b>MINUTE 5</b></p>	<p><b>SPIDERMAN PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 6</b></p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 6: ANABOLIC ABS

<b>MINUTE 1:</b>  COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS	<b>MOUNTAIN CLIMBERS</b>  <b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT
<b>MINUTE 2</b>	<b>V-UP CRUNCH</b>  <b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> THINK OF YOUR ABS LIKE A COIL. VISUALIZE COMPRESSION AND EXTENSION.
<b>MINUTE 3</b>	<b>CRUNCHES</b>  <b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK
<b>MINUTE 4</b>	<b>21 CRUNCH</b> <b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS
<b>MINUTE 5</b>	<b>RUSSIAN TWIST</b>  <b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK
<b>MINUTE 6</b>	<b>BURPEES</b>  <b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 7: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>BURPEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>FIGURE 8</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>CRUNCHES</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>FALCON CRUNCH</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>SPRINT IN PLACE</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 8: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>FIGURE 8</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>V-UP CRUNCH</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>ROCKING PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>RUSSIAN TWIST</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>BURPEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS



**COMPLETE WORKOUTS 1 – 8 ONCE MORE,  
GETTING MORE REPS.**

**AFTER COMPLETING WORKOUTS 1-8  
YOU OFFICIALLY GRADUATE FROM  
PHASE 1.**

**TIME FOR PHASE 2**

GO TO THE NEXT PAGE TO BEGIN PHASE 2 OF ANABOLIC ABS

# WORKOUT 9: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>ALTERNATING LEG CRUNCH</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>V-CRUNCH HOLD</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>180 CRUNCH</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>4 TIME LEG RAISE</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 10: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>BURPEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>BICYCLE CRUNCH</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE</p>
<p><b>MINUTE 4</b></p>	<p><b>TOWEL SLIDES</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>STAGRERED PLANK [R]</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>STAGGERED PLANK [L]</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 11: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>WALKING PLANK</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>ROCKING PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE</p>
<p><b>MINUTE 4</b></p>	<p><b>WALKING PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>STAGRERED PLANK [R]</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>STAGGERED PLANK [L]</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 12: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>BURPEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>FIGURE 8</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>ROCKING PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> VISUALIZE 6-PACK ABS. SQUEEZE</p>
<p><b>MINUTE 4</b></p>	<p><b>RUSSIAN TWIST</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 5</b></p>	<p><b>PLANK EXTENSION</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 13: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>ALTERNATING PLANK EXT.</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>V-CRUNCH HOLD</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>FIGURE 8</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>TOWEL SLIDES</b></p> <p><b>FOCUS:</b> LOW ABS <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>RUSSIAN TWIST</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 14: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>RUSSIAN TWIST</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>21 CRUNCH</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b>VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>FIGURE 8</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>REVERSE CRUNCH</b></p> <p><b>FOCUS:</b> LOW ABS <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>SEATED JACKKNIFE</b></p> <p><b>FOCUS:</b> LOW ABS/ENTIRE 6-PACK <b>HINT:</b> FOCUS ON LOWER ABS AND SQUEEZING THE ABS W/ EACH CRUNCH</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 15: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>SIDE-TO-SIDE HEAL TOUCHES</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> SQUEEZE THE OBLIQUES CONSTANTLY</p>
<p><b>MINUTE 3</b></p>	<p><b>SPIDERMAN PLANK</b></p> <p><b>FOCUS:</b> OBLIQUES <b>HINT:</b> BRING KNEE HIGH TO CHEST</p>
<p><b>MINUTE 4</b></p>	<p><b>21 CRUNCH</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>BUTTERFLY KICKS</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	



# WORKOUT 16: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>HIGH KNEES</b></p> <p><b>FOCUS:</b> FAT BURNING <b>HINT:</b> FLEX ABS WHEN PERFORMING THIS EXERCISE FOR MAXIMAL ABS ENGAGEMENT</p>
<p><b>MINUTE 2</b></p>	<p><b>FIGURE 8</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>2 DOWN – 1 UP</b></p> <p><b>FOCUS:</b> OBLIQUES / ENTIRE 6-PACK <b>HINT:</b> SQUEEZE THE OBLIQUES AND ABS CONSTANTLY</p>
<p><b>MINUTE 4</b></p>	<p><b>21 CRUNCH</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>SPIDERMAN PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 6</b></p>	<p><b>PLANK</b></p> <p><b>FOCUS:</b> ENTIRE 6-PACK <b>HINT:</b> VISUALIZE 6-PACK ABS. SQUEEZE</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

**COMPLETE WORKOUTS 9 – 16 ONCE MORE,  
GETTING MORE REPS.**

**AFTER COMPLETING WORKOUTS 9 - 16  
YOU OFFICIALLY GRADUATE FROM  
PHASE 2.**

**TIME FOR PHASE 3**

GO TO THE NEXT PAGE TO BEGIN PHASE 3 OF ANABOLIC ABS

# WORKOUT 17: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>CRUNCHES</b></p> <p>FOCUS: ENTIRE 6 PACK HINT: FLEX ABS WHEN PERFORMING MOVEMENT. VISUALIZE YOUR 6-PACK</p>
<p><b>MINUTE 2</b></p>	<p><b>SEATED JACKKNIFE</b></p> <p>FOCUS: ENTIRE 6 PACK HINT: FLEX ABS WHEN PERFORMING MOVEMENT. VISUALIZE YOUR 6-PACK</p>
<p><b>MINUTE 3</b></p>	<p><b>TOWEL SLIDES</b></p> <p>FOCUS: LOW ABS HINT: FOCUS ON SQUEEZING YOUR ABS AND VISUALIZING YOUR LOWER SECTION</p>
<p><b>MINUTE 4</b></p>	<p><b>REVERSE CRUNCH</b></p> <p>FOCUS: LOW ABS HINT: REACH FOR SHIN, ANKLE, OR TOES</p>
<p><b>MINUTE 5</b></p>	<p><b>BUTTERFLY KICKS</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 6</b></p>	<p><b>TOWEL SLIDE</b></p> <p>FOCUS: LOW ABS HINT: FOCUS ON SQUEEZING YOUR ABS AND VISUALIZING YOUR LOWER SECTION</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS

# WORKOUT 18: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>RUSSIAN TWIST</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 2</b></p>	<p><b>ALTERNATING LEG CRUNCH</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>V-CRUNCH HOLD</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>180 CRUNCH</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>4 TIME LEG RAISE</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 19: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>RUSSIAN TWIST</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 2</b></p>	<p><b>ALTERNATING LEG CRUNCH</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>SPIDERMAN PLANK</b></p> <p>FOCUS: OBLIQUES HINT: BRING KNEE HIGH TO CHEST</p>
<p><b>MINUTE 4</b></p>	<p><b>FIGURE 8</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>4 TIME LEG RAISE</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>PLANK</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 20: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>V-CRUNCH HOLD</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 2</b></p>	<p><b>WALKING PLANK</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>ROCKING PLANK</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE</p>
<p><b>MINUTE 4</b></p>	<p><b>PLANK</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>STAGGERED PLANK [R]</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>STAGGERED PLANK [L]</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 21: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>V-UP CRUNCH</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 2</b></p>	<p><b>FIGURE 8</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>ROCKING PLANK</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE</p>
<p><b>MINUTE 4</b></p>	<p><b>RUSSIAN TWIST</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 5</b></p>	<p><b>PLANK EXTENSION</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 22: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>SEATED JACKKNIFE</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 2</b></p>	<p><b>FIGURE 8</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>CRUNCHES</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>FALCON CRUNCH</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>ALT. TOE TOUCH</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>V-UP CRUNCH</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>

COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS

BEGINNERS: COMPLETE 2 ROUNDS  
ADVANCED: COMPLETE 3 ROUNDS



# WORKOUT 23: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>21 CRUNCH</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 2</b></p>	<p>ALTERNATING PLANK EXT.</p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p>V-CRUNCH HOLD</p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p>FIGURE 8</p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p>TOWEL SLIDES</p> <p>FOCUS: LOW ABS HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p>RUSSIAN TWIST</p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

# WORKOUT 24: ANABOLIC ABS

<p><b>MINUTE 1:</b></p> <p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p>	<p><b>ALT. TOE TOUCH</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 2</b></p>	<p><b>RUSSIAN TWIST</b></p> <p>FOCUS: OBLIQUES / ENTIRE 6-PACK HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 3</b></p>	<p><b>21 CRUNCH</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: VISUALIZE 6-PACK ABS. SQUEEZE AND KEEP TENSION OFF LOW BACK</p>
<p><b>MINUTE 4</b></p>	<p><b>FIGURE 8</b></p> <p>FOCUS: ENTIRE 6-PACK HINT: MIND-MUSCLE CONNECTION IS HUGE. FOCUS ON THE ABS. SQUEEZE ABS</p>
<p><b>MINUTE 5</b></p>	<p><b>REVERSE CRUNCH</b></p> <p>FOCUS: LOW ABS HINT: THE FURTHER YOU LEAN BACK THE MORE LOWER ABDOMINAL WORK</p>
<p><b>MINUTE 6</b></p>	<p><b>SEATED JACKKNIFE</b></p> <p>FOCUS: LOW ABS/ENTIRE 6-PACK HINT: FOCUS ON LOWER ABS AND SQUEEZING THE ABS W/ EACH CRUNCH</p>
<p>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</p> <p>BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS</p>	

**COMPLETE WORKOUTS 17 – 24 ONCE MORE,  
GETTING MORE REPS.**

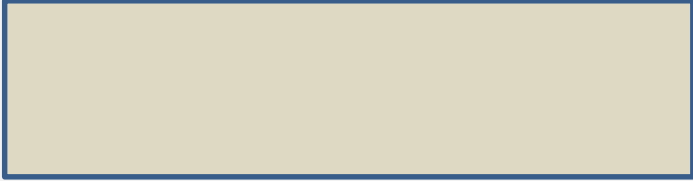

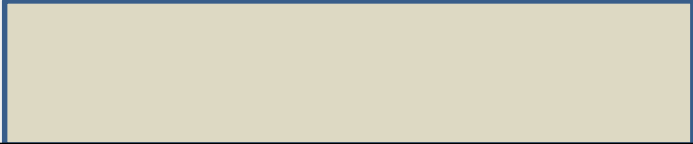
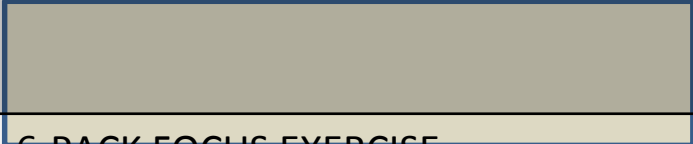
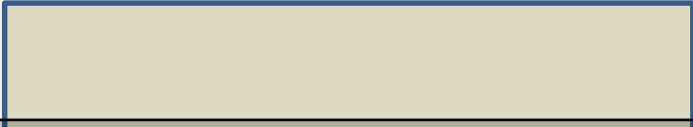

**AFTER COMPLETING WORKOUTS 17 - 24  
YOU OFFICIALLY GRADUATE FROM  
PHASE 3.**

**CONGRATULATIONS!**

**YOU CAN RESTART THE ANABOLIC ABS  
PROGRAM COMPLETING MORE ROUNDS  
OR BUILDING YOUR OWN ANABOLIC ABS  
WORKOUTS WITH THE TEMPLATE  
BELOW**

GO TO THE NEXT PAGE TO VIEW THE "BUILD YOUR OWN ANABOLIC  
ABS WORKOUT TEMPLATE"

# MAKE YOUR OWN TEMPLATE: ANABOLIC ABS

<b>MINUTE 1:</b>  COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS	<b>LOWER ABS FOCUS EXERCISE</b>  
<b>MINUTE 2</b>	<b>LOWER ABS FOCUS EXERCISE</b>  
<b>MINUTE 3</b>	<b>OBLIQUE FOCUS EXERCISE</b>  
<b>MINUTE 4</b>	<b>OBLIQUE FOCUS EXERCISE</b>  
<b>MINUTE 5</b>	<b>6-PACK FOCUS EXERCISE</b>  
<b>MINUTE 6</b>	<b>6-PACK FOCUS EXERCISE</b>  
<b>COMPLETE AS MANY REPS IN 60 SECONDS. NO REST B/W SETS</b>  BEGINNERS: COMPLETE 2 ROUNDS ADVANCED: COMPLETE 3 ROUNDS	