



BULLET PROOF ABS



All rights reserved. No portion of this manual may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This manual may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine or newspaper and has written approval prior to publishing.

For information contact:

Body for Golf

Website: https://www.bodyforgolf.com

Introduction

Training for tight and toned abs is a goal of most exercise enthusiasts. It is not sport specific nor is it gender specific. It is human nature specific! Most people, regardless of age, like the look and feel of a firm mid section. In many cases, it is pure aesthetics. It is interesting though how the way you look can alter the way you often feel. In the area of sports, it can have a dramatic impact on how you play. At the highest levels of competition, all aspects of your technique, mental attitude and physical attributes work together to affect your athletic performance.

For golfers, it's an added bonus to have a coveted physique, but isn't necessarily the motivation. Understanding how to contract your abdominal muscles and stabilize your mid section and spine is a fundamental part of good posture and basic athletic movement. It is essentially your starting point from which you begin the golf swing or any individual exercise. Training your core is not about performing 50 sit ups or standing on a BOSU with one leg going one direction and your arms going another. It is a simple understanding of how to stabilize your core muscles before producing movement. Remember that all movements in your entire body stem from the strength in this area. Wherever you find a weak core, you find a major source of energy leaks in the golf swing.

Core strength has become a popular term used by trainers and exercise enthusiasts for some time. For the golfer, stronger abdominal muscles convert to better balance and a more powerful swing. But, how do the abdominal muscles differ from the core? Think of the visual part of the stomach muscles you see as the outer layer of an apple. As you peel away the outside, you find a small piece inside called the core. Your body operates in a similar manner. The outside layer of your abs shows your 'form' while the inside layer handles all the 'function'.

As you begin an ab focused exercise program, it is important to 'attack' the abs from all angles-the rectus abdominis, the transverse abdominis and external and internal obliques. Through this book, I offer you a variety of challenges. These exercises cover my favorites ranging from beginner to elite. The three big secrets to ab training are *keeping your body challenged*, *giving it proper rest and recovery in between workouts*, and *eating in a strategic manner* that compliments your goals.

In this book, we have presented 45 of our favorite exercises. They vary in difficulty from easy to intermediate to advanced to insane ab killer exercises! We have labeled each exercise using our difficulty level chart below, so you can begin with those exercises that

you are both comfortable with and also provide a reasonable challenge. Begin with exercises that match your current fitness level. As each exercise begins feeling less and less challenging, it is time to take your body to the next level. Regardless of how strong or fit you may be, always remember that there is 'another level' with your fitness. There is an endless way of challenging your body and working to get a little more as you progress. This keeps training exciting, rewarding and motivating.

If you are just starting with the beginning exercises, it won't be long before you are able to move into the intermediate area. If you are intermediate, you get to look forward to more advanced exercises. Once you master every killer ab exercise in this book, feel free to contact us, as we have a few more secrets up our sleeves to challenge you a bit more.

One of the most asked questions in ab training is 'how many days a week' should I perform my ab routine?' We believe ab training should take place between 1 to 3 days a week. The abdominal muscles are just like any other muscle in our body. Once we tax our system, it is really important that we give this area proper rest and recovery, if we are to see the kind of growth and development most people are looking for.

Once you finish our program, be sure to let us know how you did! We would love to help you celebrate the new you.

Yours in health, fitness and better golf!

Susan Hill

Please use this key to decide where to start with your ab training.

Difficulty Level:

- Beginner. Most people should be able to perform this movement without difficulty.
- Intermediate. Most people should be able to perform this movement with reasonable difficulty.
- Advanced. Most people will find this exercise difficult. Please master Beginner and Intermediate exercises first.
- Advanced and Experienced. Most people will find this exercise difficult. Progress through the Beginner, Intermediate and Advanced exercises before trying exercises in this category.

45 FAVORITE EXERCISES FOR ATHLETIC ABS



Kneeling Roll Out

Degree of difficulty: •





- Begin in a kneeling position with your hands and elbows on the ball. Make sure your abs are contracted and your back is flat. Slowly begin rolling the ball forward allowing your body to extend forward as well. Your lower back will have a natural tendency to make to want and you must keep your abs tight to see the true benefit of this exercise. Hold the final position for approximately 1 to 2 seconds and return to the start position.

2 Opposite Crunches

Degree of difficulty: ◆





- Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. One arm is extended straight back with the other arm folded behind your neck and upper back. Crunch your upper body forward and bring your opposite knee up into a double crunch. Be sure to contract your abs at the top of the movement. Slowly return to the starting position and repeat.

One Arm Plank

Degree of difficulty: ◆◆





- Starting with your hands shoulder width apart on the ground and your upper body elevated. Your feet are also shoulder width apart and lower body is elevated onto your toes. Keep your torso straight and your body in a straight line without slumping or bending in your middle. Take one hand and fold it across your body while keeping your body in the same straight position. Return to the start position, then switch to the other hand.



DB Side Reaches

Degree of difficulty: ◆







- Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. Place your hands around a dumbbell and extend your arms straight up. Crunch your upper body forward and to the opposite side. Be sure to contract your abs at the top of the movement for a one-count. Slowly return to the starting position and repeat to the opposite side.

Hanging High Raises

Degree of difficulty: ◆◆





- Hang from a pull-up bar (or with arms inside straps) with your legs slightly bent. Raise your legs by bringing your knees up toward your chest. Focus on having the movement be slow and controlled and concentrate on using your abs to bring your legs up. Slowly return to the starting position and repeat.

One Legged Crunches

Degree of difficulty: ◆





- Lie on your back with one knee bent and one leg extended. Your hands should be placed behind your head and neck for light support. Simultaneously lift your upper body and extended leg into a crunch.

Reverse Crunches

Degree of difficulty: ◆





- Lie on your back on a bench and hold on to the top of the bench with both hands. Hold your legs parallel to the floor using your abs to hold them there. Keep your knees and feet together. Slowly contract your abs, focusing on bring your pelvis up and in towards your chest. Allow your abs to do the work! Slowly lower your pelvis to the starting position, keeping constant tension on the abs. Don't arch your back inwards as you return to the start position.

Windshield Wipers

Degree of difficulty: ◆◆





- Lie on your back with your arms extended and holding a dumbbell. Your feet are also extended with your hips on the ground. Contract your abdominals and keep you low back flat against the floor. Begin rotating your legs to one side by just a few inches. Then return to the start position. Never allow your abs to release nor allow your low back to arch.



Kneeling Rope Crunches

Degree of difficulty: ◆





- Kneel in front of the cable machine with your body facing the machine. Hold a rope with both hands and keep your elbows in. Contract your abs as you curl your body downward toward your legs.

MB Double Crunches

Degree of difficulty: ◆





- Lie down on the floor with your knees bent. Hold a medicine ball with both hands. Lift your upper torso off the ground with your head and neck in alignment. Make sure to lift your shoulder blades completely off the ground. At the same time pull knees towards the Medicine Ball.

Climbing Crunches

Degree of difficulty: ◆◆





- Hang from a pull-up bar (or with arms inside straps) with your legs slightly bent. Raise one leg at a time bringing each knee up and toward your chest. Focus on having the movement be slow and controlled and concentrate on using your abs to bring your legs up. Slowly return to the starting position and repeat.

12 Lying DB Crunches

Degree of difficulty: ◆





- Lie flat on a mat with your knees bent and both feet flat on the floor. Hold a weight plate or dumbbell across your chest. Slowly curl your torso forward, raising your head and shoulder blades off the floor. Hold for a few seconds, then slowly lower yourself back to your starting position.

MB Rotation Crunches

Degree of difficulty: ◆







- Sit upright holding a medicine ball with good posture. Lower yourself slightly while maintaining a flat back and contracted abs. Move medicine ball between and around your knees in a rotating fashion. Try and keep both feet off the ground while performing this movement.

Hanging Bicycles

Degree of difficulty: ◆◆





- Hang from a pull-up bar (or with arms inside straps) with your legs slightly bent. Raise one leg at a time bringing each knee up and toward your chest. Focus on having the movement be slow and controlled and concentrate on using your abs to bring your legs up. Slowly return to the starting position and repeat. This move is the advanced version of the climbing crunch. However, in this exercise, legs remain in tight with the body keeping constant tension on the abs.

15 V - Ups

Degree of difficulty: ◆





-Lie down on your back with arms and legs extended. Lift your upper body and lower body together to meet in the middle. Try to touch your toes. Return to the start position and repeat.

Ball Side Crunches

Degree of difficulty: ◆





- Lie flat on your back with your knees bent at a 90 degree angle. Rest heels on top of stability ball. Hold your arms down to your side. Lift your shoulder blades off the ground keeping your head and neck in alignment. Extend one arm forward and to the side to touch the stability ball. Hold and Repeat.

MB Double Side Raises

Degree of difficulty: ◆





- Lie on your side with a medicine ball between your feet. Place your tip hand behind your head for support. Perform a side crunch by raising your upper body and lifting your legs to the side at the same time. Lower and repeat.

Hanging Side Crunches

Degree of difficulty: ◆◆





- Hang from a pull-up bar (or with arms inside straps) with your legs slightly bent. Raise both knees towards your chest on the opposite side. Focus on having the movement be slow and controlled and concentrate on using your abs to bring your legs up. Slowly return to the starting position and repeat.

Ball Tuck-Ins

Degree of difficulty: ◆





-In push up position, place your feet on the ball. Hold your spine straight and maintain head and neck alignment. Draw your legs under your body over the duration of two seconds. Return to the start position over the duration of two seconds.

19 MB Reach

Degree of difficulty: ◆





- Lie with back flat on the ground with a Medicine Ball between your knees. Lift shoulders off the ground extending hands towards the ceiling. Contract your abs throughout the movement.

Standing Cable Crunch

Degree of difficulty: ◆





- Place your feet shoulder width apart with your arms around a cable pulley handle. Hold ab muscles in tight while arms travel across your body from a high to low position. Return to the start position and repeat.

Double Crunch

Degree of difficulty: ◆





- Lie on your back with your knees bent and our feet on the floor with your hands supporting your head and neck. Lift your upper and lower body together meeting in the middle.

Incline Ab Crunches

Degree of difficulty: ◆





- Sit on a 45 degree incline bench. Make sure you lower back is flat and abs are contracted. Begin by crunching forward to a fully upright position. Alter the incline to increase the difficulty.

Plank Cross Over

Degree of difficulty: ◆





- Place your upper body in a push up position with your body is one line from your head to your toes. Lift one knee in towards your opposite shoulder while contracting your abs. Return to the start position, then repeat.

DB Lying Crunch

Degree of difficulty: ◆





- Lie on your back with your legs extended and your arms are extended while holding a dumbbell. Lift your upper body into a crunch reaching towards your toes. Be sure to keep your abs contracted throughout the movement.

Bicycle Crunches

Degree of difficulty: ◆





- Lay flat on your back as if doing a crunch. Bring in one knee towards the opposite shoulder. Then, bring the opposite knee in towards the other shoulder. Continue in an alternating pattern.

Ball Rope Crunches

Degree of difficulty: ◆





- Lie across a fitness ball while holding your hands on a rope attached to a cable pulley. Keep your elbows in. Begin by crunching your upper body up towards your hips. Keep abs firmly contracted throughout movement.

Ball Lift Side Crunches

Degree of difficulty: ◆





- Lie on your side with your feet around a fitness ball. Contract your ab muscles and begin by lifting your legs a few inches off the ground. Squeeze your thigh muscles as you lift the ball.

Ball Crunches

Degree of difficulty: ◆





- Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. Place your hands together and crunch your upper body forward. Be sure to contract your abs at the top of the movement for a one-count. Slowly return to the starting position and repeat.

Plank to Front Raise

Degree of difficulty: ◆





- Place your upper body in a push up position with your body is one line from your head to your toes. Lift one arm straight up with palms facing in. Try not to shift your body to one side. Work towards keeping the same body alignment.

Side Plank to Arm Raise

Degree of difficulty: ◆





- Lie on one side with your legs extended and elbow directly underneath your shoulder. Keep your abs contracted while you extend your top arm straight up to the ceiling with palms facing in.

Bicycle High Crunch

Degree of difficulty: ◆





- Lie flat on your back with hands behind your head and neck and legs extended up. Bring one knee towards your opposite shoulder. Your upper body and lower body should meet in the middle in a cross body pattern. Repeat in an alternating fashion.

Ball Oblique Crunch

Degree of difficulty: ◆

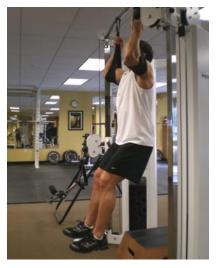




- Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. Place your hands behind your neck and crunch your upper body forward and to the opposite side. Be sure to contract your abs at the top of the movement for a one-count. Slowly return to the starting position and repeat.

32 Hanging Raises

Degree of difficulty: ◆◆





- Hang from a pull-up bar (or with arms inside straps) with your legs slightly bent. Raise your legs by bringing your knees up toward your chest. Focus on having the movement be slow and controlled and concentrate on using your abs to bring your legs up. Slowly return to the starting position and repeat.

Leg Cross Crunch

Degree of difficulty: ◆





- Lie across a fitness ball with the top of your hips and low back in contact with the ball. Place one leg across the other and hands touching the back of your head. Contract your abdominals and bring your upper body up into a crunch. Squeeze your abdominal and glute muscles.

Side Lying Ball Crunch

Degree of difficulty: ◆





- Lie across a fitness ball making contact with the top of your hips and oblique muscles (side ab muscles). Place your bottom leg firmly on the floor while your top leg is placed across the top in a bent position. Your hands should remain behind your head. Contract your abs and crunch up and over to the side. Hold and slowly lower yourself back to your original position.

One Arm Cable Crunch

Degree of difficulty: ◆





- Start in a kneeling position with one side of your body facing a cable machine. Holding the handle in one hand, start crunching down toward the same side hip. Use your abs to pull you toward your hip in a downward direction. Slowly raise yourself to the starting position and repeat.

One Leg Tuck In

Degree of difficulty: ◆◆





-In push up position, place your feet on the ball. Hold your spine straight and maintain head and neck alignment. Draw one leg under your body over the duration of two seconds. Return to the start position over the duration of two seconds. Keep your abs tight throughout the movement.

37 Lying Hip Lift

Degree of difficulty: ◆





- Lie on your back with your legs perpendicular to the ground. Slightly bend your knees. Keep your feet in the air. Lay your hands to your side for support. Lift your hips a couple inches off the floor by contracting your abs (as opposed to simply lifting the hips). Hold and Release.

Cable Side Bends

Degree of difficulty: ♦





- Stand with your side facing a low pulley. Grasp cable handle with your closest hand. Bend at the waist lowering the cable handle while contracting your side ab muscles. Lower and repeat. Repeat with opposite side.

MB Lying Side Crunch

Degree of difficulty: ◆







-Lie on your back with your legs extended and hands on a medicine ball. Contract your abs and lift your upper body in a slight cross body pattern to the opposite side of your legs. Alternate sides as you lift.

Plank with Weight

Degree of difficulty: ◆





- Starting in the plank position with your forearms on the floor. Flex your feet so that your toes are on the floor. Keep your torso straight and your body in a straight line without slumping or bending in your middle. Keep your head and neck relaxed while looking at the floor. Hold that position for 30 to 45 seconds. For added difficulty, place a weighted plate on your back.

Ball Pike

Degree of difficulty: ◆◆





- Start in a push-up position with your legs up on the stability ball. Make sure that your back is straight, your hips are tucked and your abs are contracted. Lift your hips upwards by contracting your upper abs. Raise your body up to a V or until your feet are in the middle of the fitness ball. Slowly lower your body back to the starting position and repeat.

Standing Roll Out

Degree of difficulty: ◆◆





- Begin in a standing position with your hands and elbows on the ball. Make sure your abs are contracted and your back is flat. Slowly begin rolling the ball forward allowing your body to extend forward as well. Your lower back will have a natural tendency to arch excessively and you must keep your abs tight to see the true benefit of this exercise. Hold the final position for approximately 1 to 2 seconds and return to the start position.

43 DB Reach

Degree of difficulty: ◆





- Lie across a fitness ball with your low back and top of your hips in contact with the ball. Knees are bent at a 90 degree angle. Hold your hands around a light dumbbell with arms extended up. Lift your shoulder blades off the ball keeping your head and neck in alignment. Extend your arms towards the ceiling as you contract your abs throughout the movement. Hold and Repeat.

44 Ball V-Ups

Degree of difficulty: ◆





-Lie down on back with arms extended and feet holding a fitness ball. Lift upper body and legs off ground at same time. Once upper body touches the ball, return to the start position and repeat.

Standing Oblique Crunch

Degree of difficulty: ◆





- Begin with your feet shoulder width apart and arms extended towards the ceiling into a press while holding one dumbbell. Your knees will remain slightly bent and abs contracted. Lower the arms down and across your body while bringing the opposite knee up into a lift. Squeeze your glutes during the knee lift. Keep your abs contracted throughout the movement.

SPECIAL BONUS SECTION:

Mini Ab Circuits

Here are ten mini ab circuits using a combination of the exercises above. Your abs should never be worked every day because they need adequate rest and recovery in order to grow and get stronger. However, you can perform any of these circuits 1 to 3 times weekly on cardio days or at the end of any of your weekly workouts. The workouts range from beginner to intermediate to advanced to super advanced.

Exercise	Repetitions	Rest	Sets
Opposite Crunches	12 to 15	None	
Ball Oblique Crunches	12 to 15 ea side	None	
Double Crunches	10 to 12	None	
Standing Oblique Crunch	10 to 12 ea side	Rest 1 min, repeat 2 times	

Exercise	Repetitions	Rest	Sets
MB Double Crunch	12 to 15	None	
Cable Side Bends	10 to 12 ea side	None	
V Ups	6 to 8	None	
Ball Oblique Crunches	12 to 15	Rest 1 min, repeat 2 times	

Exercise	Repetitio	ns R	lest	Sets
Ball Side Crunches	10 ea side	None		
Lying Hip Lift	12 to 15	None		
Leg Cross Crunch	6 to 8	None		
Plank	Hold 30 sec	Rest 1 min, repeat 2 times		

Exercise	Repetition	s Re	st Sets
MB Double Side Raise	12 to 15	None	
Ball Oblique Crunches	12 to 15	None	
MB Cross Body Crunch	6 to 8	None	
Side Lying Crunch		Rest 1 min, repeat 2 times	

Exercise	Repetitions	Rest	Sets
Reverse Crunches	12 to 15	None	
Ball Rope Crunches	12 to 15	None	
One Arm Cable Crunch	10 ea side	None	
MB Reach	10 to 12	Rest 1 min, repeat 2 times	

Exercise	Repetitions	Rest	Sets
Bicycle Crunches	12 to 15	None	
V-Ups	12 to 15	None	
Kneeling Roll Out	6 to 8	None	
MB Rotation Crunches	10 to 12	Rest 1 min, repeat 2 times	

Exercise	Repetitions	Rest	Sets
Ball Lift Side Crunches	12 to 15	None	
DB Lying Crunch	12 to 15	None	
Standing Cable Crunch	8 to 10 ea side	None	
Bicycle High Crunch	10 each side	Rest 1 min, repeat 2 times	

Exercise	Repetitions	Rest	Sets
Plank to Front Raise	8 to 10	None	
Side Plank to Arm Raise	5 to 8 ea side	None	
Climbing Crunches	8 to 10	None	
Lying Double Crunch		Rest 1 min, repeat 2 times	

Exercise	Repetitions	Rest	Sets
Plank Cross Over	12 to 15	None	
One Arm Plank	6 to 8	None	
Incline Ab Crunches	12 to 15	None	
Hanging Side Raises	6 to 8 ea side	Rest 1 min, repeat 2 times	

Exercise	Repeti	tions	Rest	Sets
Ball Tuck Ins	12 to 15	None		
Hanging High Raises	12 to 15	None		in the second se
Standing Roll Out	6 to 8	None		
One Leg Tuck In	6 to 8 ea side	Rest 1 min, repeat 2 times		

CORE Strength Mini Workout

Target Training Zones: Abs, Hips, and Back.

Your workout: Warm up 5 minutes. Perform 12 reps. Rest 30 seconds. Perform 12 more reps. Move to next exercise. Perform 2 to 3 times weekly.

Exercise	Instructions	Photo
Bench Push Ups (or use a chair or counter top from home)	Place your feet on the ground and place your hands on a stair or bench. Slowly lower your upper body until your chest is close to the step or stool. Push through your arms and shoulders to push yourself back up.	
Split V's	Lie on your back with legs in a stretch V. Reach up and through your legs. Return and repeat.	
Alt. Arm and Leg Lift	Kneel on a mat and place your hands on the mat under your shoulders. Contract your abs and keep a flat back. Raise one hand and opposite leg simultaneously. Palms are facing in with thumbs up. Leg extends straight out from your hip.	
DB Squats	Stand with your feet slightly further than shoulder width apart. Sit back and down as low as possible. Make sure your knees do not extend too far forward. Push through your heels to return to your start position.	

Crunching Toe Touch *You do not need a ball to complete this exercise. You can use any other object in your hands.	Lie on your back with one leg extended and one knee bent. Bring in one leg at a time to a crunch position.	B
Reverse Crunches	Lie on the floor with arms touching the ground. Bring both knees up and lift them towards your chest into a crunched position. Keep your stomach muscles tight or drawn in as you crunch.	
Elevated Hip Lift	Start on your side in a plank position. Elevate your hips then raise your top leg with toes pointed forward.	
Mountain Climbers	Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.	