

***FINAL*PHASE**

A B S

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TRAINING MANUAL

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Hey!

Before we start, let's cover some boring legal stuff! Won't that be, like, the most fun EVER!?

(Even if it won't be, legally we have to do it anyway. So pretend to read it, okay?)

Disclaimer

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as with all exercise and nutrition programs, Final Phase Abs is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle. As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose **not** to obtain the consent of your physician and/or work with your physician throughout the duration of your time using Final Phase Abs, you are agreeing to accept full responsibility for your actions. By utilizing the exercise and nutritional strategies contained herein, you recognize that despite all precautions on the part of John Romaniello and Roman Fitness Systems, Inc, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against John Romaniello and Roman Fitness Systems, Inc, or Kareem Samhoury and Global Fitness LLC and their combined or

Basically, have fun out there, but don't hurt yourself.

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Welcome to Final Phase Abs!

Final Phase ABS, as the title implies, is an add-on to the program, **Final Phase Fat Loss**. That program is one of the most comprehensive fat loss systems available--but, strangely, does not have a tremendous focus on abdominal training.

There are a few reasons for this, and one of those is simply that most people do too much in the way of bad ab training...and not enough when it comes to **correct** abdominal abdominal training.

Abdominal training is an interesting beast, because on the one hand a completely training program (such as **FPFL**) that includes squats, deadlifts and pull-ups is often enough to stimulate your abs enough to give you a good base and allow your abs and core strength to progress.

On the other hand, there is a lot of merit to intelligent, effective training for your midsection musculature. And, there is a lot of interest. We know this because as of this writing, over 400 emails have come in asking for more ab training for **FPFL**. However, there is no benefit to just telling people "do more ab work." You need to tell them the **right things to do**.

Which means that while we know a number of people could hit their goals in terms of fat loss with just **Final Phase Fat Loss**, a good number of people want to know specifically what to do and how to make it work with the original program.

With all of that said, the goal of creating this for you was to challenge your abs like they've never been challenged before, while simultaneously doing what no other program has been able to accomplish: balancing you out.

Normally, bodybuilders and fat loss extremists train and get imbalanced. They get injured, or they end up hitting plateaus. Not us!

We're going to dominate. We're going to rip you up and shred you down. Your body is going to morph at an incredible rate, and your attitude towards your workouts will never be the same.

I'm depending on you to give each and every workout your absolute best effort. Fair enough?

Excellent!

Now, before we continue, there is something else we must quickly cover.

As mentioned previously, **FPA** is intended as an add-on to the original **FPFL**--the **Final Phase** ABS workouts can (and should!) be paired with the workouts from **Final Phase Fat Loss**.

However, **Final Phase** ABS also has great benefit on it's own, and is absolutely fine to use as either a stand-alone training program, OR alongside other training programs.

Because it is assumed that not every person reading this manual has already read **Final Phase Fat Loss**, and we want to make the program as effective as possible for everyone reading this, we have included a significant portion of the text from the initial program.

If you have read **Final Phase Fat Loss**, a lot of the information will be known to you. If you haven't it is highly suggested that you pick the program up -- which you can do for a significant discount at this link:

Final Phase Fat Loss – FPA discount

However, even if you haven't read it, enough of the necessary information from that program is included here for you to get tons out of FPA!

About the Original Program

Final Phase Fat Loss - better known as FPFL

As you most certainly already know, the document you are reading is intended to take you past whatever barriers have previously stopped your fat loss efforts. You see, “the Final Phase” doesn’t necessarily have to mean single digit body fat or skin so thin you can see your organs through it—although for some it might mean just that.

Instead, think of it kinda like Star Trek—this is program is the USS Enterprise.

Only instead of Captain Kirk, who is mostly brawn, or Captain Picard, who was mostly brain, you got me. I like to think I’m a nice mixture of both, with a hefty dose of self-esteem thrown in for good measure.

Unfortunately, I’m **not** actually qualified to captain a Starship. On the plus side, for the purposes of this metaphor, the Starship is actually a training program, and I **am** qualified to captain that.

(I am also, evidently, qualified to write mildly confusing metaphors. Sorry about that.)

Anyway, using the information contained in this book, I am going to take you to your own final frontier: where you’ve never gone before.

That is your Final Phase, and that is exactly what **Final Phase Fat Loss** was written to do.

And whether it's losing 5 more pounds and getting into some new clothes, or getting to 5% body fat so you can take your clothes off for applause and money (relax, I'm talking about bodybuilding, not stripping!), **FPFL** is **the** training program that's going to get you to where you need to go. This is the program that will help you lose those last few pounds that have always separated you from the body you've been working for.

I won't lie and say it's going to be easy. In fact, it'll be just the opposite. **Final Phase Fat Loss** is one of the most challenging training programs I've ever written. However, it's also the most effective. I should also mention that it's very scalable, and if you need to tone down the workouts at first, all of the components allow you to do that.

Putting whatever personal bias I have as the author aside, I'm being completely blunt about the fact that if you're willing to put in the work, you'll see results you never thought possible.

So get ready.

It's time to cross the finish line.

For the rest of you readers who enjoy a bit more information, data, content, and words in general, just read this books as you would any other.

Now that we've established the "rules," so to speak, let's get on with the knowledge dropping.

The **Final Phase** Fat Loss

~~Madness~~ *Methodology*

Final Phase Fat Loss isn't just a book, and it isn't just a workout or even series of workouts. In fact, while the text you're going to read later on certainly comprises an excellent program, **FPFL** is more than that—it's a **complete training system**.

So far, I have mentioned multiple training styles: dynamic training, density based training, and lactic acid training. In addition, heavy strength based circuit training is used, but we'll get to that in a bit.

Bringing up a variety of training styles is usually a great way to confuse people, because the question will be, "well which one do I use?"

And the answer is all of them.

A little over a year ago, I actually sat down and wrote a complete article where I outlined what I considered the Essential Principles for Radical Fat Loss Programming.

That article was, for all intents and purposes, a condensed version of the principles in this book—and abridged version of the very principles that govern **FPFL**. Of all of the articles and interviews I've ever published on any site or in any magazine, that article was by far the most popular.

And with good reason—the information is effective. Further to that, it simply **makes sense**. These principles resound with people because they are logical, understandable, and true. **AND**, if you follow these principles, **YOU WILL GET RESULTS**. It's that simple.

I'll now share that same information here with you, both generally and with specific regard to **Final Phase Fat Loss**.

To begin at the beginning, the twist that makes my programs for radical fat loss a bit more fun—and in my experience, a more effective—than others out there is **the principle of rotating training styles**.

The primary goal is to lose fat FAST. With **Final Phase Fat Loss**, not only are we aiming for that, but we also have the added pressure of trying to get leaner than ever before, or to break through a fat loss plateau (or both).

Rotating training styles—assuming they’re all designed with the same ideas about overall programming kept in mind—is most effective way to do that, period. I first discovered this when I had to get ready for a beach party that would serve as a sort of high school reunion for me. I wanted to do fat loss training and get lean, **but I wasn’t willing to sacrifice muscle.**

By combining training methods over the course of a single training week, not only did I get to hold onto my lean body mass, but I also discovered that rotation of training styles is just incredibly effective for fat loss.

Firstly, it allows you to lose fat faster because you’re just getting hit with multiple types of stimulus all the time; it’s hard to really adapt to that. The lack of adaptation is what increases the rate of fat loss over other programs.

I hate to call on training clichés and pseudo-scientific mantra like “you have to keep the body guessing” and “muscle confusion,” but

the reality of the situation is truly that staying ahead of the adaptation curve is better for progress.

Secondly, as we have thoroughly covered throughout the text thus far, there is a tremendous hormonal component to address, and the needs that arise from hormonal fat storage can be addressed within the context of a single program—if it's designed the right way. And **Final Phase Fat Loss** is.

Final Phase Fat Loss is set up to maximize results by **strategically** rotating the four training modalities within the context of a training week.

Rather than having these training styles interacting in an **additive** way, where you compound the benefits of each, there is actually synergistic interplay between them. By utilizing the specific modalities featured in the program, you will train in a way that is calorically expensive EVERY time you step foot in the gym.

IMPORTANT POINT
And of course...you will
also address your
hormonal issues.

And here is the best part: even if your particular hormonal issue ISN'T addressed by that specific training style, you'll still benefit from that style because it will be challenging your body and creating ever-changing stimulus.

Even if you're not insulin resistant, dynamic training IS going to help you.

Even if you're not suffering from chronically high cortisol, lactic acid training and the GH produces IS going to help you burn more fat.

Even if you don't have high estrogen, density training is one of the best fat loss training protocols on the face of the earth, and WILL make you leaner and fitter.

And even if you "don't care" about muscle, the strength-based circuit training (discussed below) WILL increase your strength and help you hold onto lean body mass, ensuring that you don't gain weight back later.

That's the beauty of **Final Phase Fat Loss** —even when you're not addressing your specific regional fat loss, you're addressing your overall fat storage, overall fat loss, and overall RESULTS.

With each and every training session.

In addition, these training styles and the responses they elicit are not haphazardly chosen. They are not thrown together. They are not a number of single entities working towards different goals that just happen to line up.

These training sessions, along with the styles they represent are quite similar to a team of bad-ass super heroes (kind of like the **Justice League**, only without Aquaman, because he was kind of lame).

They work together. They complement one another. The strength of one cancels out the weakness of another. Kind of like how sometimes Batman has to save Superman from Kryptonite. Superman is great on his own, but Batman's there to offset that Kryptonite weakness. Yeah...like that.

Got it? And so that's how it works.

Final Phase Fat Loss is a training **methodology** that is made up multiples training **modalities**.

So let's meet look close at the modalities, so that we can put to use this great methodology.

Section Summary

- In order to make a fat loss program MOST effective, the one of the best ways to set up the workouts is to rotate training styles or types.
- This not only keeps stimulus new, but also allows the strength

Training Modality # 1

Dynamic

Training

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Modality Summary

- Dynamic Training is fast-paced circuit training
- The purpose of the modality is to increased movement and mobility
- In order to produce IGF-1, many muscle groups must be used AT THE SAME TIME
 - To do this, combination movements such as the curl-to-press or overhead walking lunge are used
- Over-arching training theory that governs my style, as well as training at my facility

Training Modality # 2

Lactic Acid

Training

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Modality Summary

- Lactic Acid is a waste-by product that results from exercise (among other things)
- When Lactic Acid is produced, there is a corresponding increase in the production of growth hormone
- Lactic acid is primarily created during the concentric or **lifting** phase of an exercise
 - Therefore, to perform lactic acid training, we INVERT traditional lifting tempos
 - This means we LIFT the weight **slowly** and lower it quickly
 - Lifting this way requires the use of lighter weight
 - Roughly 30% LESS weight on any given exercise

Training Modality # 3

Density Based

Training

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Modality Summary

- Training Density is measure by how much total work (volume) you complete in a given duration
- Increasing density can lead to increases in muscular strength, size, force, and work capacity
- Traditionally, o increase density, you could either
 - Perform MORE work in the SAME duration
 - Perform the same amount of work in LESS time
- With MY kind of density training, the goal is to perform MORE reps with MORE weight, in the same time period
- To do this, perform a first set for every exercise in a given circuit
 - Sets are done for TIME, not a goal number of reps. Simply perform as many reps as you can in the assigned time period, and then record the number of reps.
- Then, INCREASE the weight by 10–20% and try to MEET or EXCEED the same number of reps on every exercise
 - This becomes possible because of increased neurological efficiency and neural activation that takes place during the first set

MAIN POINT - Do more work with more weight in the same (or less) time. This increases fat burning overall, but ALSO leads to increased

Training Modality # 4

STRENGTH Circuit

Training

Modality Summary

- Oftentimes, training for fat loss can result in the loss of strength and/or muscle size
- To prevent this, you need to train with heavy weights
- The most effective way to do this is by setting weights up into strength circuits
 - Rotate through 3–4 exercises, resting minimally between. Move fast and keep the weights heavy.
- Rather than use a traditionally structured set/rep scheme, **INSTEAD** each workout will have an assigned “goal” number of reps for each exercise
- The goal is to perform that goal number of reps in as few sets as possible—with the heaviest weight you can realistically lift
- Many times you’ll finish one exercise before the others. Just keep rotating through until you’ve completed all reps for all exercises.

MAIN POINT – keeping the weight heavy and performing circuits

Time to ~~Play!~~ *Work*

(and some other stuff, too)

And now we are coming, at long last, to what we've all been waiting for—the workouts. The actual **Final Phase Fat Loss** training sessions themselves, as written by yours truly (including the occasional typo—sorry about that!).

However, before we get into all of that, we need to address a few things that you need to understand in order for the workouts to be performed properly—these are about the structure of circuits and workouts themselves.

But, like anything else... we need to have a starting point.

And, I mean, a starting point for both the program as a whole AND each workout individually. **Which means, as you may have surmised, that I want to discuss the importance warming up:**

- Hormonally
- Physiologically
- and even What Warm-up to do

On Warming Up

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Logic Dictates: We should begin at the beginning.

A good number of people reading these pages are guilty of a number of things—workout “crimes” if you will—and I am no different. One of these crimes, the most common, is skipping the warm up.

Don't bother lying to me; I know you've done it. It's natural. You're in a rush...you're really busy. Or you're just too excited and want to get to the training session. I get it.

But let me put it to you in terms that you'll appreciate (or at least make it more fun)—SEX.

If workout out is like sex, then warming up is foreplay.

Yes, you CAN skip it and have a reasonably good session, but as ALL good lovers know, getting the equipment ready for use just leads to a better experience. If you skip foreplay ALL the time, chances are your love life will take a hit and your lover may walk out on you.

Well, skipping the warm-up may SEEM like a good idea, but if you do it enough, your relationship with your body will break down; you'll save time, sure, but at the expense of not getting the results you want AND being more injury prone?

I don't need to take my metaphor much further than that, but suffice it to say that your workouts will be better, more enjoyable, more productive and SAFER if you do your warm up.

Here are some things to consider about warming up:

PHYSIOLOGICALLY – Getting your body warm is the purpose of the warm up, ostensibly. But really, it's a by-product of everything else. Raising your core temperature is all well and good, but a good warm-up isn't just intended to get you hot and sweaty. It's intended to prepare you for what's to come—which is why your warm-up should look somewhat like your training session (more on that below).

HORMONALLY – Warming up has benefits here, as well. A warm-up begins to release IGF-1, Growth Hormone, Testosterone—all of the hormones we want circulating to help fight off area-specific fat. However, a good warm up (mental as well as physical) will help “set the mood” in the body. When physical activity is involved, you want to create a bit of that “fight or flight” sensation—your body should be ready to fight (NOTE – the Rocky soundtrack helps, here).

Warming up both mentally and physically begins to increase a hormone we HAVEN'T talked about yet: adrenaline. Suffice it to say, when adrenaline is pumping, you're going to have a MUCH better workout.

JOINT HEALTH – Yes, I worry about your joints, not just your abs! Warm-up is all about getting your body ready for the workout to come. In large part, that means your joints and connective tissue. A good warm-up will start to get these “loose” and lubricated. As any experienced meathead can tell you, getting some blood into the area is a prime way to prevent injury. If you want to get through life without developing tendonitis, STOP skipping your warm up.

Now, as I said earlier...

Your warm-up should be in line with your training.

When power lifters have entire days dedicated to training the bench press movement, guess how they warm up? YES, by bench pressing. Makes sense, right? Well, **Final Phase ABS** is a program based around fast-paced circuits. So, how do you think you should warm-up?

If you said “fast-paced, full-body circuits” then you just won a *high five!*



Of course, I am going to give you a full warm-up. But before I do: I just want to clear something up: when I say your warm-up should resemble your training session, you can use that as a general guideline—it doesn't need to be incredibly exacting.

For example, a density workout doesn't require a density based warm up; a lactic acid training session doesn't require lactic acid based warm up. Instead, a single, full body warm-up circuit will suffice for ALL of the **Final Phase** ABS workouts.

The Official **Final Phase** ABS Warm Up

- 1) Jump Squat – 8–10 reps
- 2) Seal Jacks – 15 reps
- 3) Prisoner Squat – 10 reps
- 4) Push-up with 2 second Hold at the bottom – 6 reps

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- 5) Leg Swing – 20 reps per side
- 6) Stick-ups (against wall) – 10 reps
- 7) [No-Money Exercise](#) – 10 reps (can be done with or without band)
- 8) Psoas Stretch – 20 second hold per side

Now, SOME of these exercises may be unfamiliar to you, so here is a quick rundown of those:

Seal Jacks – like a jumping jack, only your arms come in front and across your chest, instead of over your head.

Leg Swing – Brace yourself against a wall or chair, and swing one leg back and forth across your body

Stick Ups – Stand with your back to the wall and feet about 4 inches from the wall. Place the back of your arms against the wall with upper arms parallel to floor and forearms at 90 degrees. Stick up your arms overhead while keeping your arm against the wall at all times. Slowly return to below the starting position tucking your elbows into your sides and bringing shoulder blades together.

Psoas Stretch – With a bench or chair behind you, elevate one foot onto it, placing your knee on the ground. Place your other leg in front of you, bent to 90 degrees. Keeping your spine straight, hold the stretch and occasionally “rock” forward, allowing a good stretch in your hip flexors. Repeat for other leg.

The “No-Money” exercise is almost impossible to describe, so I’ve just given you a link to the video. Check it out [here](#), or just do a search on YouTube. (<http://www.youtube.com/watch?v=IAds7ZVXQ7I>) ← paste into your browser

Section Summary

- Warming up is vitally important for a number of reasons, including better workouts and injury prevention
- Warm ups should look similar to workouts in make up
- Warming up raises core temperature, releases adrenaline, and lubricates joints

MAIN POINT – Warming up is like foreplay—you can get by with skipping it, but EVERYTHING is just so much better if you don’t!

The **Final Phase** ABS Workouts

Instructions: Enter the gauntlet. Final Phase Abs is about shredding your midsection, so look out. These workouts are intense, but they are well balanced. In fact, there are 2 workouts designed to help you balance out muscles each week that can easily go unbalanced when lifting intensely with a program like Final Phase Fat Loss.

Final Phase Abs consists of 5 workouts, each about 10 minutes long. They are to be done at the end of every workout you, 5 days/week. The goal is to be exercising this often when you want ripped abs, anyway, so this is just the last 10 minutes after you finish your workout.

[Workout #1:](#) Melt Stomach Fat

[Workout #2:](#) Balance Your Body – Move In 3D

[Workout #3:](#) Functional Abs Training: Stability-Based Abs

[Workout #4:](#) Polish Your Abs – Balance Your Trunk

[Workout #5:](#) Your Lower Two Abs & Belly Bulge

Unannounced Bonus Pages:

[Supplementation For Improved Abs Physique](#)

[Daily Stretches – The Simple Plan For Six Pack Abs](#)

Workout #1: Melt Stomach Fat

Instructions related to this workout: Go as hard and as intensely as you can with each of the following exercises, as follows:

50 seconds of work

10 seconds of rest/transition to the following exercise

Choose an appropriate weight for this exercise as if you were choosing on 12–15 repetitions. Be careful to always keep great form. This is very important. If you need to take more rest, please do, but always keep in mind that you should be pushing to your absolute limit.

1. [Squats and Dumbbell Presses](#)
2. [Mountain Climbers](#)
3. [Crossover Climbers](#)
4. [Renegade Dumbbell Rows](#)
5. [Weighted Burpees](#)
6. [Squat Bursts With Dumbbells or Plates](#)
7. [Bent Leg Deadlifts with Dumbbells](#)
8. [Split Jumps](#)
9. [Vertical Dumbbell Crossover Plank](#)
10. [Bridge Heel To Toe On The Ball](#)

You'll notice in the workout above that we are emphasizing major muscle groups, compound (multi-joint) movements, and whole body movements. In doing so, we are causing a HUGE increase in metabolic demand at many joints, causing a cumulative, or global metabolic increase.

Interestingly, because we are choosing a weight that we could normally only get 12–15 reps with, and we are overloading each muscle group even more, we will have a natural onset of lactic acid take place sooner. This is great, because an increase in lactic acid production means a higher metabolic rate for the next 2–3 days.

Great news! You're about to lose fat for the next 2–3 days because of these 10 minutes. So, when I was saying it's time to get serious, I meant it!

Go nuts – be strong – be ready. Conquer this.

To pair this workout with Final Phase Fat Loss, perform Workout 1 on those days where you perform DYNAMIC Training

Want even more abs info? Check out [this video presentation](#). You'll love it!

**Make us proud,
Kareem and Roman**

Want even more abs info? Check out [this video presentation](#). You'll love it!

Workout #2: Balance Your Body – Move In 3D

Instructions related to this workout: Work on reaching full range of motion, safely. Perform each exercise at a moderate-fast pace for 60 seconds, while seamlessly transitioning to the next exercise. On single arm/leg exercises, just alternate. Focus on recruiting the targeted muscles (hip rotators) and feeling for each side to be equal in range as well as recruitment, coordination, and strength. Quality of movement really counts here.

1. [Pivot Squats](#)
2. [Rotational Push Ups](#)
3. [Reverse Spider Lunges](#) (alternating)
4. [Middle Trap On The Ball](#)
5. [Spider Plank On Horizontal Plate](#)
6. [Side Step Squat With A Rotational Plate Press](#)
7. [Side Step On Forearms](#)
8. [Single Leg Bent Leg Deadlift With Opposite Arm Plate Row](#)
9. [Push Up Position Row Plus Middle Trap](#)
10. [PNF Lift Reverse Lift With Diagonal Dumbbell](#)

You'll notice in the workout above that we are working muscle groups that often get left out of workouts. There's a good reason for this: they don't make you pretty.

...actually, that's a complete lie. They make you beautiful.

These are the muscle groups that add definition to hips, shoulder pads to shoulders, definition to pecs, and hip bones in a bathing suit. At the same time, they are also the supportive muscle groups that prevent injuries and allow you to navigate the world more easily, as most surfaces are irregular and require abnormal positioning to negotiate.

Muscle balancing is the key to injury prevention, but it's also a phenomenal way to skyrocket your metabolism. When you balance out muscle groups by moving in multiple planes/directions of movement, you are taking away all subsensory pain signals that are in your joints. These joints have been communicating to your brain not to grow, and they've been stopping you from growing muscle.

It's about time you get rid of these pesky nerves, start signaling your brain that you're ready for growth, and receive impulses to your muscles that instantly make you up to 30% stronger.

Get ready. Today is about continuous, quality movement. Focus.

Want even more abs info? Check out [this video presentation](#). You'll love it!

To pair this workout with Final Phase Fat Loss, perform Workout 2 on those days where you perform LACTIC ACID Training

have a great workout,

Kareem and Roman

Workout #3: Functional Abs Training: Stability-Based Abs

Instructions related to this workout: The faster you go, the harder this gets. Go fast, but be safe. It's time to challenge your body with balance reactions and big movements. The goal isn't to lift as much weight as possible here, rather to create a slight balance reaction with every rep of every exercise of every set that you do.

Perform each exercise, as follows:

As fast as you can control 30 seconds*

Slow and easy 30 seconds – keep doing the exercise, but slowly and casually

*Note: Losing your balance 2x counts as fatigue (rest); every rep should involve a balance reaction that you can 'save,' though.

Complete each exercise once using the 30/30 format above. Rest only when you're done.

1. [Double Plate Squat Burst](#) (or dumbbell)
2. [Cross Body Plate Sumo Walk](#)
3. [Half Push Up Position Plate Plank](#)
4. [Squat Jump With A Sumo Plate Flip](#)
5. [Moving Plank With Triple Push Up](#) (with/without dyna discs)
6. [Dumbbell Swings To Burnout](#)
7. [Pull Up Superset](#) (or alternating Tree Cutters/Modified Tree Cutters if not available to burnout)
8. [3 Position Abs On The Ball](#)
9. [Ab Wheel or Walk-Out](#)
10. [Diagonal Dumbbell Squat With Power Press](#)

These workouts specialize in using your abs the way they were designed – the protect you from falling. You see, in real life, it's your abs that stop you from falling while you're walking, standing up from a chair, or reaching for an object.

Want even more abs info? Check out [this video presentation](#). You'll love it!

Your 'center of mass' is located right in that area, and this is where all movement is centered for your body.

When you start to reach your arms into the air rapidly, squat down, fatigue out peripheral (arms/legs) muscles, and use your core in truly functional ways, your abs 'pop' right out. It's awesome.

So are you.

Get ready to be really, really awesome with this workout. Time to destroy this thing!

To pair this workout with Final Phase Fat Loss, perform Workout 3 on those days where you perform DENSITY Training

–Kareem and Roman

Workout #4: Polish Your Abs – Balance Your Trunk

Instructions related to this workout: 15 reps of each of the following exercises, with the following tempo:

- 2 seconds concentric (positive)
- 1 second isometric (hold)
- 4 seconds eccentric (negative)

Treat the following as a circuit. Repeat from the beginning as many times as you can during a 10 minute period. Rest only after completing all 10 minutes of this circuit.

1. [Ball Squeeze Bridges – rapid](#)
2. [Bridge Heel To Toe On The Ball or Bridge With Single Leg Curl On Ball](#) (alternating)
3. [Lower Trap On The Ball](#)
4. [3 Position Back Extensions On The Ball](#) (all 3 positions = 1 rep)
5. [Posterior Pelvic Tilts](#) (hold for 10 seconds)
6. [QL Sidebridges](#) (both sides)
7. [Rocky Plank With Med Ball Foot Squeeze](#) (15 seconds per side)
8. [Combination Push-up Superset and Serratus Push-up](#) (5 reps per position)
9. [Inverted Lat Rows](#) (feet on the ball)
10. [High Rows \(Posterior Deltoid, Rhomboid Rows\)](#) – both sides.

Want even more abs info? Check out [this video presentation](#). You'll love it!

Your body is a system of positives and negatives. That's what keeps it in balance. For some reason, we live in forward-based worlds, but it wasn't always that way. We used to climb things, pull ourselves up, and reach and grab heavy objects off the ground. Back then, the human body naturally balanced itself. Today, it's our job... and it only takes 10 minutes/day a couple times per week. Pretty cool, huh?

For more information and [balancing trunk muscles to lose fat](#), be sure to visit [this blog post](#).

I'd love it for you to leave a comment while you're at it... and I'm happy to answer any questions you might have.

To pair this workout with Final Phase Fat Loss, perform Workout 4 on those days where you perform STRENGTH Training

Polishing your pride at the same time – enjoy!

–Kareem and Roman

Workout #5: Your Lower Two Abs & Belly Bulge

Instructions related to this workout: Ok, now we just absolutely light you on fire!

In this workout, you're going to hit failure on every exercise before immediately proceeding to the next. Repeat this entire circuit as many times as you can in 10 minutes. Over time, you'll notice that certain exercises get "easy," but that's often times an opportunity to 'recruit' your muscles some more. Here's how you do that:

Visualize your muscle 'flexing' (contracting) as if you were trying to see it in the mirror

In your mind, watch the movement take place

Open your eyes and literally watch your body accomplish the movement

You'll always get an extra rep or two when you do this. It's awesome.

1. [Lower Ab Ball Twists](#)
2. [Abdominal Vacuum](#)
3. [Crossed Extension](#)
4. [Gluteus Medius/Minimus – Sidelying](#) (both sides)
5. [Cross-Over Climbers](#) (Breakdancers)
6. [Mountain Jumpers](#)
7. [Ball Rollouts](#)
8. [Inversion Abs](#)
9. [Crossed Flexion With The Ball](#)
10. [Straight Leg Bridges On The Ball](#)

There is no such thing as fatigue here. Charge on. I want you to actually hit 'momentary muscular failure' on every rep, meaning that you physically could not perform another rep without breaking form.

It's time to balance out your low back and lower abs. This is 9 times out of 10 the reason for the belly bulge, along with poor transversus abdominus and oblique recruitment. In this workout, we're addressing all those issues in one power-packed, super compact low abs defining workouts.

You're going to feel a great burn... and when you do, focus even more so on this area. Really feel it – it takes awareness and pulling your belly button in "like zipping up a tight pair of pants" when you workout to get your TVA (transversus abdominus – human waist belt.) This is game changing. I look forward to hearing your feedback.

Want even more abs info? Check out [this video presentation](#). You'll love it!

To pair this workout with Final Phase Fat Loss, perform Workout 5 on those days where you have OFF or perform HIIT Cardio Training

have an amazing day,

Kareem and Roman

Daily Stretches For Improving Abs Physique:

When push comes to shove, nobody seems to make time to stretch. In an ideal world, you'd spend about 1/2 the time you do weight training performing a combination of flexibility and mobility exercises.

If you're just keeping it to a bare minimum, and you're not dealing with any other imbalances, here's what I'd recommend you do to enhance the effect of this exercise program:

1. Hip Flexor Stretch
2. Shoulder Stretches

As follows: After a workout perform for flexibility (each side), holding for 30 seconds. Repeat 3x. If you are tight leading into a workout, perform for mobility, meaning that you are actively moving into and out of a stretch (not bouncing.) If you are mobility training, it's 15 reps x 3 sets.

If you're looking for a full program related to this and completely restoring your body, I'd suggest you check out:

Mission Unbreakable

This is a partnership product that I did with BJ Gaddour and Topher Farrell at WorkoutMuse Technologies. Basically, we paired together great flexibility training with tissue mobility, activation, and mobility exercises and strung it together with some music that guides you along. It's awesome.

Want even more abs info? Check out [this video presentation](#). You'll love it!

About the Authors

John Romaniello - better known as Roman

Hi! My name is John Romaniello, but everyone calls me **Roman**; and if you're reading this document, it's safe to assume you know who I am. However, because making assumptions is never a good practice (and more so because I enjoy talking about myself) I'll give you a refresher.

As a trainer and strength coach, I've spent the better part of a decade utilizing some of the most effective strategies and methods in the world to help my clients get the best results possible. I've spent more time and money traveling, attending seminars and renewing certifications than I care to admit, but it's been worth it. Along the way I've learned a great deal and formed incredible friendships with everyone from other fitness professionals to the kids I help make faster.

Not to brag (that's a lie, I am very intentionally bragging), but my hard work has paid off in more ways than I could've imagined. Professionally, I've worked with everyone from professional athletes who sought me out to improve their game to pick up artists who sought me out because... well, because they wanted to improve a completely different game. And thankfully, I've delivered.

In addition to working with such a...shall we say varied clientele, I've also been featured in a number of publications as both an author and a fitness model. My credits (because you know I can't help from listing them) would include Men's Health, SHAPE, TMuscle.com, Exercise for Men Only,

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Men's Fitness, AskMen, and a few others. I've been fortunate enough to have been featured on TV a few times on programs like Good Morning America discussing the content of this VERY book.



I've been featured in *all* these places. Now You KNOW I'm for real!

Cool, huh?

Outside of the gym, I also have a very popular blog and website, [Roman Fitness Systems](#).

That blog is one of the main ways I share free training and nutrition information, stories, and generally interact with my readers. If you haven't already done so, check it out at some point.

My blog is also the hub through which I run my online coaching program. It's basically online personal training—I custom design diet and training programs for people. Working with clients on-line is awesome. In the gym, I get to go to work in my pajamas. Well, with on-line coaching, I get to basically do it in my underwear. Add to that the fact that I get to help people all over the world get into shape instead of limiting it to New York.

It's a lot of fun and I enjoy it more than just about anything else I do.

But that's all work stuff. And while it's important it's not as important as the personal stuff.

You see, despite all that jazz, I really am just like you. I was overweight all the way into my young adult life, and I've always had to struggle to get lean. Even when I was modeling, getting into photo-condition the biggest challenge—losing those last 5 pounds was murder. Of course, many people struggle with that, even if they don't have the pictures to document it.

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Eventually, I ran into a bit of deadline trouble and needed to get as lean as possible as quickly as possible. Unable to get lean in time using my conventional training methods, I came up with something new. And it worked—pretty well, actually. That was over 4 years ago. And I've spent that time improving the program, making it as effective as possible.

The very words you are now reading represent the culmination of all of the thought, sweat, and dedication I've put into the program you will now use. My journey is now your journey. And at the end of that journey, you're going to be a whole lot better looking.

Yeah. You're welcome.

-Roman

Dr. Kareem Samhoury specializes in helping people around the world reduce bodyfat and improve joint health at the same time. Dr. K, as he is affectionately called by his patients and clients, has spent time in over 19 different countries, lived with 2 different families abroad, achieved fluency in Spanish, speaks conversationally in Arabic, and has studied multi-cultural sociology. He believes that geographical and socioeconomic barriers no longer need to exist for good health.

In the fields of Physical Therapy and Personal Training, Dr. Kareem is well respected as *the* authority on 'Neuro Fitness & Rehab,' emphasizing that your central nervous system can assist in communicating with your body for faster and longer lasting fitness results. Fortunately, the language of the CNS is universal, and it can be applied to people all over the world, independent of their particular living situation or workout environment. Through proper communication and cultural sensitivity, Dr. Kareem intends to offer a new solution for fitness and rehabilitation, one that allows for individual differences and societal incongruences.

Dr. Kareem has had the pleasure of working for some of the top rehabilitation facilities and sports gyms in America. He is the founder of the Master Therapist & Master Trainer Certification, owner of Global Fitness LLC - Physical Therapy & Personal Training, the NBC Philadelphia's 10! Show Fitness Expert, and he is the founder of Bucks County's first Medical Mastermind that strives to unify medical minds in Bucks County for improved healthcare. By the age of 29, Dr. K has already authored six books, created an internationally best-selling workout-at-home DVD series, and educated over 10,000 fitness professional on how to bridge medicine and fitness through proper communication strategies with medical professionals in their communities.

Dr. Kareem strives to help people around the world by assisting them with their fat loss and rehabilitative goals. His programs are well recognized as *the* best programs for "getting rid of pain and fat" as fast as possible. He utilizes advanced physical therapy concepts to exploit how your nervous system works and help you get results as fast as humanly possible.

Dr. Kareem F. Samhoury, CSCS, HFS
Neuro Fitness & Rehab Expert



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