

Animals 8 weeks to Awesome Abs Program

Researched and Composed by The Animal

Important Editors Note: Hardcore, entrenchingly fearful and awe inspiring in the gym. These are the words that best describe "The Animal." When he swings open his gym doors men and women alike scatter into the crevices of machines, or run and hide in the aerobic section of the building. His path is clear, there is no waver in his steps, for his office is the squat rack and his weapons are that of a warrior, animalistic and fierce in nature! He grinds out set after set, waging war against every fiber in his body until he can barely move and still, even wounded he is feared! Yes, he truly is an animal.

Yet under his brutally hard demeanor lies an intelligent man. A man who covets our sport and has generously devised a plan of attack that is in a class of its own! For in his hands he holds the key to perhaps the most coveted muscle group in our entire bodies. The key to the greatly desired six pack! Pay attention now, because class is in session! Enjoy your gains and a huge thanks to the animal!

So you want that 6-pack do ya? Follow my program for 8 weeks and your ab's will be carved deeper than you could have possibly imagined! Mind you, you'll need a low enough body fat percentage to see them!!

Exercise Descriptions: instructional execution and what aspect of abs the movement works

I will provide an explanation for each of the exercises within the instructions below. The words I place in brackets will indicate which part/parts of the abdominal muscle that the movement focuses on. The **desired** number of reps is specified for each exercise.

Note: Don't worry if you can't complete as many as I specify, simply work your way up gradually until you can.

Weeks 1 - 4 Mass Building

The first 4 weeks of the plan are designed to not only add mass to your ab's but also power. Do 3 sets of each exercise, performing between 8-10 repetitions per set, **unless stated otherwise**. You should try and reach failure as with any exercise, so pile on that weight!! Aim to perform each week's exercises 3 times a week with about 1 days rest in between, for example Monday, Wednesday, Friday.

Week 1

Weighted Leg Over (**20-25 each leg**) (lower abdominal & oblique's)

Weighted Leg Over Description

For this exercise, you'll need a set of ankle weights for each leg (pink is optional...lol). Lie flat on your back in the shape of the letter T, with your arms pointing straight out from your sides. Raise your left leg up so that your left foot points straight toward the ceiling. Your right leg should rest flat on the floor. Slowly rotate your pelvis to the right, bringing your left leg across your body, and lightly touch your left foot to the ground beside you. Raise your left leg back above you and repeat for the necessary repetitions. Switch positions so that your right leg is now above you and your left leg is flat on the floor. Repeat the exercise once more for the necessary repetitions, this time dropping your right leg to the left side.

Hanging Leg Raises (lower abdominal)

Hanging Leg Raises Description

Hang from a pull-up bar and with your knees slightly bent, slowly raise your legs and curl your trunk as if to touch your knees to your forehead. Go only slightly above parallel. Try to hold the contracted position for two to five seconds before slowly returning to the starting position and repeat.

Weighted Crunch (upper abdominal)

Weighted Crunch Description

Lie flat on a mat with your knees bent and both feet flat on the floor. Place a weight plate flat on your chest, folding your arms across it to hold it in place. Slowly curl your torso forward, raising your head and shoulder blades off the floor and bring your pelvis towards you head at the same time. Pause for 2-5 seconds, then slowly lower yourself back to the floor, resisting the weight on the way down.

Week 2

Hanging Weighted Twisted Raises **(20-25 each leg)** (lower abdominal & oblique's)

Hanging Weighted Twisted Raises Description:

Attach a set of ankle weights to your feet and hang from a pull-up bar with your hands spaced wider than shoulder-width apart. Your legs should hang straight underneath you. Tilt your pelvis upward, then slowly raise your knees up and to the right. Try and imagine you are trying to touch the right side of your hip to your chest. Slowly lower your legs back down and repeat, this time raising your knees up to the left.

Dumbbell Leg Lift (lower abdominal)

Dumbbell Leg Lift Description:

Lie flat on your back with your legs straight and your arms at your sides. Place a dumbbell by your feet and wrap your feet around the handle. The bell of the dumbbell should rest on the tops of your feet with the other end touching the floor.

Tuck your hands under your buttocks with the palms facing down. Keeping your legs together (knees unlocked), slowly raise them up until your feet are about 18 inches off the floor. Your upper body should stay flat on the floor as you go. Hold this position, then slowly lower your legs back down, stopping before the weight touches the floor.

Seated Bench Crunch (upper abdominal)

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Take a bench with a back and place it facing away from the tricep pushdown machine. Attach a Y-shaped rope to the cable, grasp the rope and sit down in the seat, pressing your back against the backrest. Pull down the rope so that both of its knotted ends rest slightly against the inside edge of each of your shoulders. Slowly curl your torso toward your knees, moving only your shoulders and upper back away from the backrest, and contract the abdominal muscles, then return slowly to the upright position.

Week 3

Repeat Week 1

Week 4

Repeat Week 2

Weeks 5 - 8 Definition

The idea now is that you have added mass to your ab's, but need to fine tune things a bit more by adding definition. Here you should again do 3 sets of each exercise, but this time with between 30-50 reps per set, it sounds like a lot but works wonders! This is the desired range, so don't worry if you can't do it first time round, think of it as something to aim for. Once again aim to perform each set of exercises about 3 times a week, when adding definition I like to do ab's every other day but NOT everyday!!

Week 5

1. Cross Leg Crunches (oblique's)

Description:

Lie flat on a mat with you knee's bent and your feet flat on the ground, take your left foot and place in on you right knee. Now place your left arm flat on the mat palm facing downwards. Now curl your right shoulder off the ground and imagine your trying to make it touch you left knee, at the same time your left arm being out straight should mean you left shoulders is pushed into the mat and thus doesn't want to raise up. Once again roll your pelvis towards your head and hold for 2-5 seconds, then slowly lower back to the floor and repeat. Once you've completed the necessary amount of reps, simply swap legs and arms and repeat.

2. Reverse Crunches (lower abdominal)

Description:

Lie flat on a mat and imagine your feet are up on a weights bench, so your knees should be bent to a 90 degree angle, to the ground. Instead of raising your head and shoulders of the ground, roll you pelvis, bringing your knee's towards your head. Pause for 2-5 seconds, then slowly lower yourself back to the floor.

3. Crunches (upper abdominal)

Description:

Lie flat on a mat with your knees bent and both feet flat on the floor. Slowly curl your torso forward, raising your head and shoulder blades off the floor and try and bring you pelvis towards you head at the same time. Pause for 2-5 seconds, then slowly lower yourself back to the floor.

Week 6

1. Crossover Oblique Crunches (oblique's)

Description:

Lie flat on a mat and imagine your feet are up on a weights bench, so your knees should be bent to a 90 degree angle, to the ground. Place your hands by the side of your head with your elbows pointing outwards. Now take your left elbow and touch you right knee with it, to make this easier roll you pelvis towards you head and this will bring you knee closer. Hold for 2-5 seconds and then lower slowly and the repeat on the other side, until you reach the desired amount of reps.

2. Feet Up Crunches (lower abdominal)

Description:

Lie flat on a mat with your feet up on a weights bench and you knees should be bent to a 90 degree angle. Slowly curl your torso forward, raising your head and shoulder blades off the floor and try and bring you pelvis towards you head at the same time. Pause for 2-5 seconds, then slowly lower yourself back to the floor.

3. Swiss Ball Crunches (upper abdominal)

Description:

Lie back on a ball, knees bent and both feet flat on the floor. Slowly curl your torso up and forward, raising your head and shoulder blades off the ball. Be careful to go slowly, as your balance on the ball will also be working your obliques and other muscles as they help stabilize you. Pause for 2-5 seconds, then slowly lower yourself back down.

Week 7

Repeat week 5

Week 8

Repeat week 6

Conclusion

The gains you will receive during this program are amazing! If you have any questions I will be in the forums and in addition you can consult my abdominal faq by [clicking here](#).

Now get your ass in the gym!

The Animal