

(NOTE: There is more information in this handout than will be covered in the live version of this presentation. My aim is to spend as much time moving as possible to allow you to experience the exercises and concepts through experience. I packed as much of the Abs Revealed concepts into this handout as I could, but we will not have time to cover all of them in person. *–Jonathan*)

I. Core Concepts – Stability and Strength for Show

- Training mistakes – the abs don't know how special they are to us
- Everything's connected!
- Anatomy of the abdominals
 - Outer ab muscles (the "Star")
 - Rectus abdominis, External obliques, Internal obliques, Erector spinae
 - Inner ab muscles (the "Supporting Cast")
 - Transversus Abdominis, Quadratus Lumborum, Diaphragm, Pelvic Floor
- Is there such a thing as upper and lower abs? Yes! Cross-cutting lines of connective tissue across the rectus are there for a reason...and nature never likes waste.
- Ab Terms – Tempest in a Teacup
 - What is the "core?" Is it a 6-pack or 8-pack? People out there don't care! It doesn't change the look that people want.
- Planks: A "gateway" exercise. Any plank longer than 45-60 seconds is a waste of valuable training time that could be spent *moving*. Life is movement, not staying still. Once you've mastered a basic stability exercise, make it harder by adding movement.
- To Crunch or Not to Crunch: "The Attack of the Anti-Crunch Zealots" A sure-fire way to get people to ignore you is to become anti-crunch. It's not practical...people are going to do crunches. Just accept it, and learn how to teach them a better, more effective, and safer crunch using the Abs Revealed methodology. The anti-crunch concept is based on conclusions that fall apart when you look at the "dead pigs crunching" research used to support it.
- *Myth:* Weight belts provide support for the back during lifting – weight belts make you weaker if used all the time and teach the opposite response from what we want in the abs. *"Don't Wear a Girdle, Build One!"*
- *Myth:* Crunches will give you flat abs – over training with traditional crunches will lead to either a hypertrophied rectus abdominus if you use heavy resistance, or repetitive motion stress if you use high reps.

II. Cardio Confusion Put to Rest

- Aerobic / Anaerobic: An exclusive problem
- Fat-Burning Zone: It's a 3-step process, not a zone
 - 1. Fat needs to be released from fat cells by hormones and enzymes
 - 2. Fat needs to be transported by the blood
 - 3. Fat needs to be delivered to the muscles to be burned as energy
- Fuel Sources
 - Rocket fuel (phosphagen system)
 - Auto fuel (fast glycolytic system)
 - Battery power (oxidative system)
- The Right Intensity (two options)
 - VT1 HR Training – intervals hovering over/under the VT1HR heart rate measured with a field test
 - High-Intensity Interval Training – shorter, higher intensity intervals (very tough for most people to do this the right way) "Tabata" protocols usually aren't. It's not the time that makes a "tabata," it's the intensity!
- Concurrent Training – cardio and resistance in the same session.
- Fasted cardio first thing in the morning – Yes or No? *Small* benefit shown but not enough to make a big difference for most people – especially those that are miserable if they try it!

- Myth: To get great abs, you have to do more cardio. Reality: You have to do “better” cardio using the two interval options described above.

III. Nutrition

- Eating to show the abs - You eat several times a day, but you workout once a day
 - Consider how the 3-steps of fat loss are affected by what you eat
 - Make a prioritized list of the changes most important to YOU and begin working your way through the list
- Fat
 - Almost all fats are a mix of types – EVERY fat has some saturated in it (even olive oil)
 - Essential fat explained – We need to get it from diet omega-3 or -6 describe where the first open spot for hydrogen is along the carbon chain in the fat molecule.
 - Trans fat: When fat becomes a felony – Should be illegal and banned completely. Example of government slow action/inaction illustrates the need to make choices in line with reality.
- Carbohydrate
 - Some keep fat on you, others fuel great workouts
 - High Fructose Corn Syrup / Artificial Sweeteners
 - When to Eat – 3 Big Guidelines to Follow: (1) Never skip breakfast; (2) Always eat as soon as possible after a workout; (3) Eat every 2-4 hours
- Basic Rules
 - The “Never” List (Never...Drink calories; Never skip meals; eat fried foods; consume sugars/grains at night; Eat trans fat)
 - The “Always” List (Always...Eat veggies at every meal; Eat protein at every meal; Eat healthy fat; Plan, Prepare, Pack for good nutrition on the go; Handle slip-ups as nothing more than what they are)
- How to Enjoy Healthy Food
 - How to handle...“Healthy food tastes boring.” “I can’t cook.” “I can’t eat healthy food at restaurants.” “Healthy food is too expensive.”
- Myth: You should never eat after a certain time of day. Reality: Last feeding can be 1-2 hours before you go to bed.
- Myth: There’s no such thing as bad food. Reality: Yes there is. Some “food” is just so obviously toxic and unrelated to any real food that it is unequivocally deleterious to humans...despite what touchy/feely nutritionists think.
- Myth: Fasting, Cleansing, and Detox can help you. Reality: Adults don’t believe in fairy tales. There is no scientific basis, common sense basis, or other rationale for following these routines.

IV. Phase 1 Exercises: Working Toward the Washboard – exercises in this section strengthen the inner abs independently and begin the process of integrating them with the outer abs. Key feature is that most exercises are in a supine or minimally loaded position to help develop a conscious awareness of which muscles create and control each movement.

- Foundational Four
 - Supine Draw-In, Supine Brace, Prone Plank, Side Plank
- Bodyweight exercises
- Stability Ball Exercises
- TRX Exercises

V. Phase 2 Exercises: Discovering the Definition – with the inner and outer ab strong link, we now use more demanding exercises that feature single actions of the primary spinal movements. (either flexion/extension or rotation)

- Bodyweight exercises
- Stability Ball Exercises – find your loading point for crunches on the ball
- TRX Exercises
- Worst of the Common Gym Exercises: Don’t do these, even if everyone else does.
 - Partner Leg Throw, Side Bend, Fast Trunk Twists

VI. Phase 3 Exercises: Carving a Cut Gut – use the most demanding exercises that combine the primary spinal movements. (flexion/extension with rotation)

- Bodyweight exercises
- Stability Ball Exercises
- TRX Exercises
- Miscellaneous Exercises (BOSU & slide board/discs)
- UNRELEASED (Step 360 Exercises)

VII. Abs Revealed Workout Overview

- When to train the abs: The “rules” and when to break them. Conventional thinking puts ab training at the end so they don’t fatigue prior to their need to function as stabilizers for more demanding exercises. But...what about when you’re doing lighter, unbalanced total-body resistance training? Or when you need a novel challenge? Or if you just hate doing the ab exercises last and always skip them. Take home: Rigid adherence to rules is only appropriate for those not smart enough to know when it’s okay to break them.
- The big question: Can you train abs every day? Better question: If you can, why would you want to?
- Resistance training exercises
 - Workout A: Bilateral exercises, 4 sets 10 reps, heavier resistance, slower
 - Workout B: Unilateral exercises, 2 sets 20 reps, lighter resistance, faster
- Ab exercises
 - Categorized as either primarily Stability or Mobility – determined by what the abs are doing
 - In each workout, there is a specific number of stability or mobility exercises to choose
- Training Tip: Train for the Feeling, Not for the Number
- Training Tip: Smash the Clock when time is running short – Rule of Thirds: Spend 1/3 of your time on resistance training, cardio training, and your ab exercises.
- Wrap-Up/Key Points:
 - Differentiate exercises by stability or mobility
 - Know when and why to break “the rules”
 - Master the basics to get the most out of harder exercises
 - Great abs are eaten, not born

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Abs Revealed Products and Information:

Main site for the book: www.AbsRevealed.com

- **Book, iPhone app, video library** available: www.AbsRevealed.com/buynow.php
- Extra exercises not included in the book available on the “Deleted Scenes” page

Twitter/Facebook/Instagram/LinkedIn: [@JonathanRossFit](https://www.instagram.com/JonathanRossFit)

Professional Facebook Pages:

“Everyday Fitness with Jonathan Ross”

“Abs Revealed”

