

# ABS AND CARDIO

Full detailed training guide

# THE ELITE FIT CLUE BY ROB RICHES

YOU WILL BE INTRODUCED TO A NUMBER OF EXERCISES THAT INVOLVE THE ABDOMINAL MUSCLES AND SPECIFICALLY TARGET THE UPPER, LOWER AND SIDE OBLIQUES.

WHILE THERE ARE NUMEROUS EXERCISES THAT INVOLVE THESE MUSCLES, WE'VE SELECTED THE TOP 6 AND BROKEN DOWN EACH EXERCISE SO YOU'LL KNOW HOW TO PERFORM IT CORRECTLY AND FEEL THE DIFFERENCE.

WE'VE ALSO INCLUDED TWO TYPES OF CARDIO TO HELP INCREASE LIPID (FAT) USAGE AS FUEL AS WELL AS A WEEKLY PROGRAM TO FOLLOW.

**“With a positive #mindset, you can overcome self-limitations and focus on long-term rewards versus short-term gratification.”**



# 01

## GET STARTED



We suggest that to get the best results from this workout, you perform cardio and abs on an empty stomach, ideally first thing in the morning before eating breakfast. This way, body fat will be the only available fuel source to power you through cardio, and with no food in your gut, you will feel your stomach be flat and tight, and feel the abdominal workouts much more intensely.

Don't worry about not eating before performing your cardio and abdominal routine. So long as you follow a healthy and regular eating pattern throughout the day, you will not suffer any muscle loss, and in fact - increase fat loss!

If you're unable to do this then we recommend adding the cardio and abdominal routines on to the end of your weight lifting sessions, (halving the recommended time given for LISS cardio).

# 02

## ABS 101 / *Are you doing abs correctly?*

The abdominal muscles best respond when trained with higher repetitions than most other muscle groups due to their structure and ability to recover quickly. Below we've put together 5 of our top training tips followed by our athletes to get the most out of your abdominal routine:

- 1 - Train them often. At least 4-5 times a week, either in the morning after cardio, or after your weight training sessions later in the day.
- 2- Higher volume with at least 20-30 repetitions per exercise.
- 3- Variety. Train your Abs with a variety of different exercises each workout.
- 4- Perform Abs as a circuit with no rest between exercises.



**READY FOR AN EXTRA BOOST?**

Try adding a serving of CORE into your cardio & abs routines, to help convert stored body fat to be used as fuel, and keep you energized throughout the duration of your workout.

[Click for more info](#)

# WEEKLY ROUTINE



The routine below is just an example of how to make the most out of your cardio and abdominal routine. We've provided a weekly breakdown showing which type of cardio to perform on which days, followed by an abdominal circuit.

If you want to change the routine and try your own by adding more exercises or days, we suggest picking at least one exercise from the selection that targets the upper, lower, and oblique sections to ensure you are working the entire abdominal region.

(i.e.)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>15 min HIIT Cycle</b>	<b>30 min LISS (Stairmaster)</b>	<b>20 min HIIT (Treadmill)</b>	<b>40 min LISS (Treadmill)</b>	<b>20 min HIIT (Rower)</b>
High cable Crunches x 20 Decline Leg Raises x 20 Medicine Ball Rotations x 30	Decline Bench Crunches x20 Hanging Knee Raises x20 Side Cable Pulldowns x20	High Cable Crunches x30 Decline Leg Raises x30 Medicine Ball Rotations x40	Decline Bench Crunches x30 Hanging Knee Raises x30 Side Cable Pulldowns x30	High Cable Crunches x25 Hanging Knee Raises x25 Medicine Ball Rotations x40
REPEAT X2	REPEAT X2	REPEAT X2	REPEAT X2	REPEAT X3

Saturday	Sunday
<b>45 min LISS (Cycle)</b>	<b>60 min LISS (Incline Treadmill)</b>
Decline Bench Crunches x25 Decline Leg Raises x25 Side Cable Pulldowns x25	High Cable Crunches x30 Hanging Knee Raises x30 Medicine Ball Rotation x50
REPEAT X3	REPEAT X3

# CARDIO

There are two different types of cardio - Low Intensity Steady State (LISS), which involves performing much the same intensity on a piece of cardio machine for a duration of time. Then there's the High Intensity Interval Training (HIIT), which involves short bursts of all-out effort for about 30 seconds, followed by a short recovery phase, and then back to maximum effort. Both can be highly effective at using fat for fuel, and we've included both to keep variety in the routine and keep things from getting too repetitive.

## LISS

### Low Intensity Steady State



- Ideal machines include incline treadmill, bike, stairmaster, elliptical
- Allow 3-5 minutes of gradually building up the pace to your set intensity
- Final pace should be maintainable for most of duration of being on machine

Intensity during workout



## HIIT

### High Intensity Interval Training



- Ideal machine includes treadmill, hill sprints, cycle, rower.
- Use a machine whereby you can quickly switch from fast speed to recovery.
- Allow 5 minutes to warm up before starting first interval .

Recovery State Intensity



Fast State Intensity



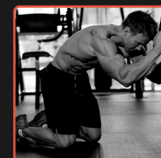
## 01

### Upper Abs



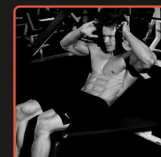
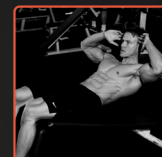
### HIGH CABLE PULLDOWN CRUNCH

Hold on to the rope set at the highest position on the pulley. Take a step back and kneel down. Stay upright on your knees and with your arms at a fixed angle, contract the abdominal and exhale as you pull the rope down. Your shoulders should go towards your knees, not the floor, and you should focus on contracting abs on each rep.



### DECLINE BENCH CRUNCHES

Lock your feet under the foot pad of a decline bench and lay lean back until you feel a stretch on your abdominals. This is your start position. Keep hands on temples and exhale as you crunch forward until your abs are flexed hard. Inhale as you return back to the start position, but don't go all the way back down so that you're laying flat.



## 02

### Lower Abs



### HANGING KNEE LIFTS

Hang from a chin up bar so that your feet do not touch the floor when your arms are at full length. Exhale fully and draw the knees up towards your chest so that your hips curl upwards. Pause and flex the abs hard. Then inhale as you lower your legs under control back to the hanging position.



### DECLINE LEG RAISES

Lay down on a decline bench and hold on to the top. Keeping your hips pressed into the bench, raise your legs over your hips, keeping a slight bend in the knee. Exhale and raise your hips off the bench (towards your shoulders) by contracting the abs hard. Your feet should not go over your head.



03

Obliques (Side Abs)



## MEDICINE BALL ROTATIONS

Sit on the floor with knees slightly bent and lean back until you feel tension in your abs. Hold a medicine ball in front of your chest with a slight bend in your elbows. Rotate ball from left to right, touching it down on the floor next to your hips. Keep the abs held in tightly and exhale every time you touch the medicine ball down.



## SIDE CABLE PULLDOWNS

Hold on to the cable positioned at the top of the pulley machine with your arms fixed at a right angle. Step back from the cable fixture and turn so that your side is facing the cable pulley. Keeping your abs tight, exhale as you pull the cable down towards your hip, keeping your arm fixed at the same angle. This is a relatively small, but focused movement.



### NEED HELP WITH NUTRITION?

Knowing what foods to eat, how much, and when to eat them, can all make a big difference to how you look, and perform in the gym. Ultra Lean walks you through 19 chapters and includes a 12-week meal prep system.

[Click for more info](#)