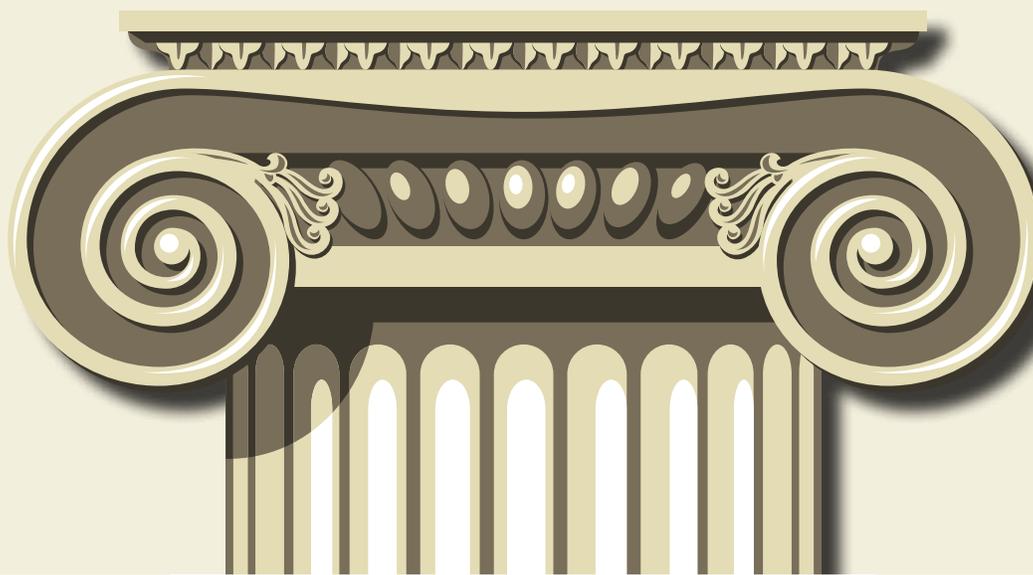
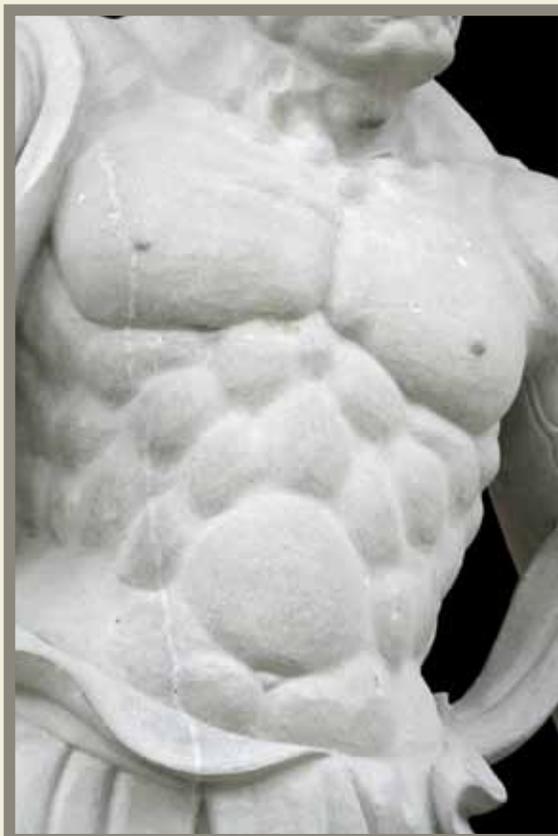


TEXTBOOK ABS!

A STEP-BY-STEP GUIDE TO THE CLASSIC SIX-PACK



MOLD › SCULPT › CARVE › CHISEL

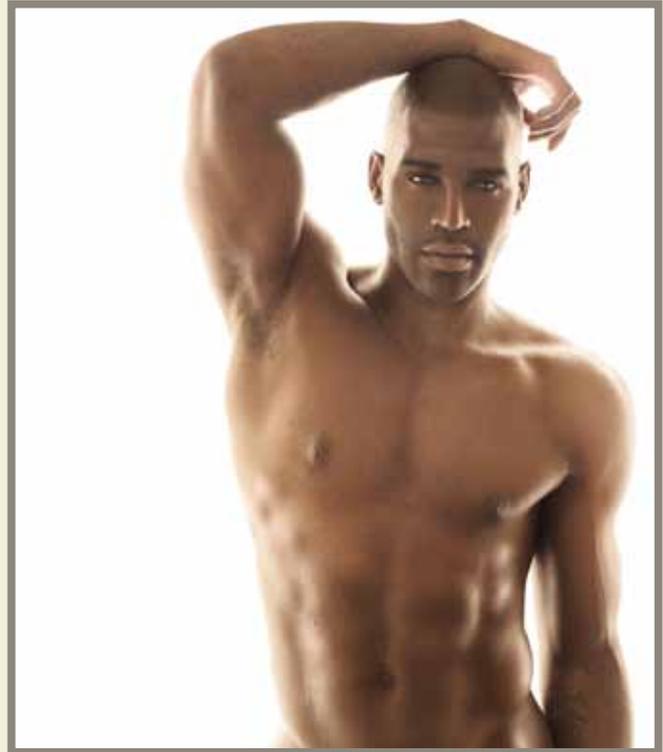
AN EXCLUSIVE PUBLICATION OF THE SUPP CLUB

THE CLASSICAL PHYSIQUE

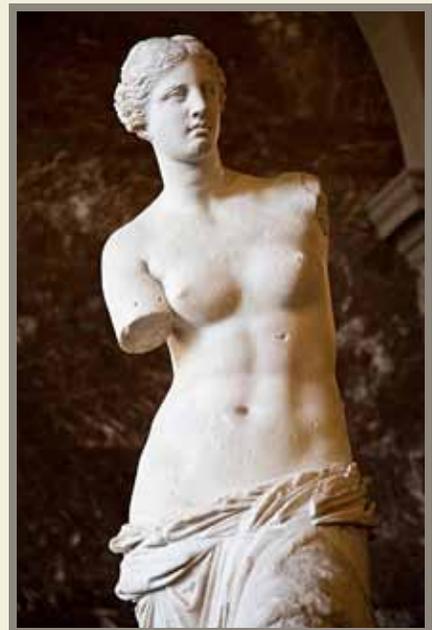
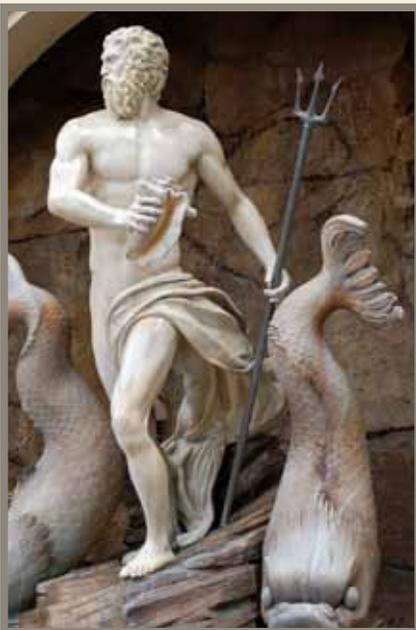
When we think about a beautiful body a series of clear and distinct images come to mind. The ideal male body is athletic, lean, and has the perfect balance of muscle and body fat. The concept of male body perfection extends back to the Ancient world ... through the Dark Ages, the Middle Ages, and into the Renaissance where the bodies of young warriors evolved out of the necessities of war, travel and physical power.

The depiction of the Greek Gods helped to articulate the classical physique where attributes included strength, symmetry and definition. Ancient Greece was a competitive and an athletic civilization that celebrated the body in sport and ultimately elevated it to an art form. There is rarely a depiction of Zeus, Apollo or Ares without strong arms, a chiseled chest, and highly defined abdominal muscles.

The ideal female body was slender and graceful. The female physique of the ancients suggested fertility and motherhood. Statues and paintings often captured small-waisted women with pronounced breasts and shapely thighs. But while they were decidedly feminine,

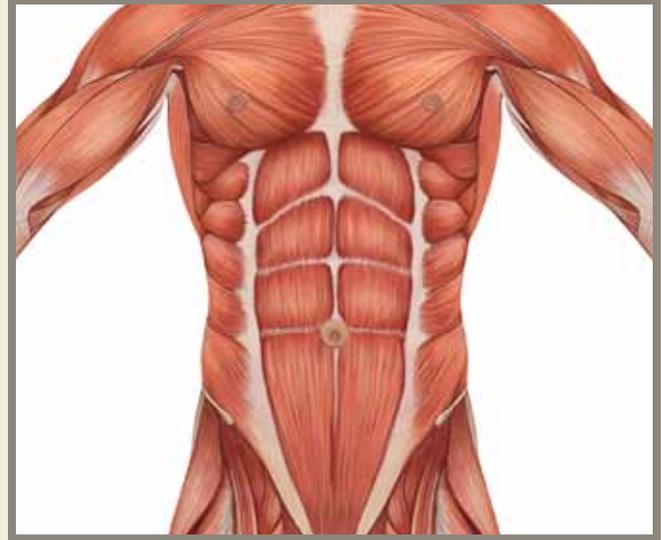


the female goddesses of Ancient Greece were also unmistakably powerful. Aphrodite, Hera, Athena, and Demeter were all independent and commanding women that were greatly admired throughout classical antiquity.



› THE IDEAL MALE HERO ›

So, it seems that everyone in Ancient Greece was fit. What's most prominent in the idealized depictions of male warriors are clearly defined rectus abdominus muscles ... commonly known as abs. These muscles run vertically and parallel down the sides of the abdomen and are separated by bands of connective tissue that divide them into segments. When fully developed and lean, they give the appearance of clearly defined sections.



One of the more celebrated abs of Greek Mythology belonged to Perseus who single-handedly killed Medusa and held her severed head aloft in one hand with a sword in the other. The heroics of Perseus inspired many ancient painters and sculptors to portray a larger-than-life warrior with a muscular chest, powerful arms, and a very clearly defined six-pack.

So what does a solid physical core convey exactly? Well, in the ancient realm it was synonymous with power, strength and ultimate survival on the battle field. In the "survival of the fittest" dynamics, if you were not fit ... you simply were not long for the ancient world.

Tight, taut and defined abs were also an attribute afforded to youth along with the vitality and potency of being young and virile. Fast forward to modern day and we find that our ideals have changed very little. According to Men's Health Magazine, 6-Pack Abs are the number one muscle that women love on men. So, we find that the male torso is indeed timeless in terms of the physical ideal and its links to sex appeal.

› CLASSIC FEMININE BEAUTY ›

One of the classical female beauties of antiquity is captured in the presentations of Aphrodite, the Greek goddess of love. Aphrodite is considered eternally young and evokes both pleasure and desire. Artists have portrayed the alluring goddess as elegant, sensual, and decidedly sexual. Whether standing in a slipping tunic, rising nude from a seashell or appearing completely disrobed ... Aphrodite is at once graceful and radiant. She is never portrayed as an overly delicate woman but is presented as sturdy, strong and well suited for motherhood.



This is in contrast with the virgin goddess Athena, the spirited daughter of Zeus and the goddess of wisdom and learning. Athena is the patron of Athens and a female warrior. Dressed in armor, she stands ever-ready to defend the State from outside enemies. Despite donning an oversized helmet and clutching a large spear,



Athena still maintains a refined beauty with full lips, a soft face, and shockingly bright eyes.

She was known as a strategist, a mediator and a planner as well as a compassionate advisor to Zeus. Athena was the only one of his children privy to the secrets of his magic shield and allowed to use his legendary lightning bolts. This fierce, brave and beautiful goddess was physically strong, tireless on the battle field, and a well-built warrior.

› THE TIMELESS TORSO AND THE HEALTHY CORE ›

It's clear that the ancients had an appreciation for certain physical characteristics that are quite similar to those that we hold today. While their celebration of strength and fitness was primarily born of necessity and survival, we embrace lean muscle and physical power to improve our overall health and boost physical attraction. And, like the ancients, we now know that true strength starts at our body's core.

Since most of us are not exchanging blows in the battlefield, walking miles a day to the market, or engaging in the grueling physical labor of the ancient world, we have had to devise quick and effective ways to capture the Classical Physique. A list of some of the most effective exercises for ab training and core strengthening are listed here.



› TEXTBOOK AB EXERCISES ›

When performing each of these exercises concentrate and tighten your abs for greater targeting and faster results.

THE ABDOMINAL HOLD

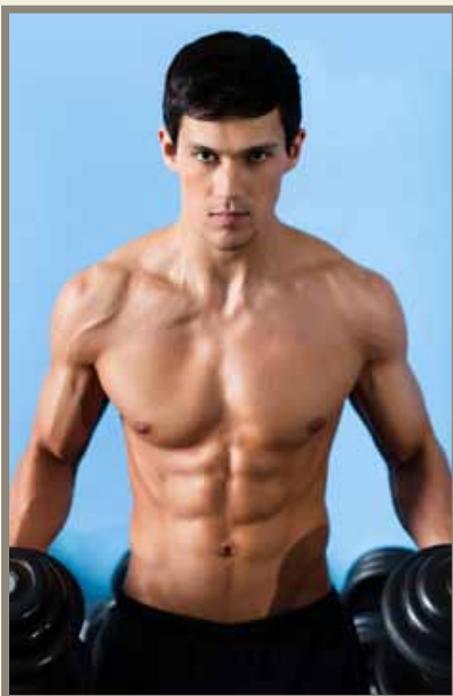
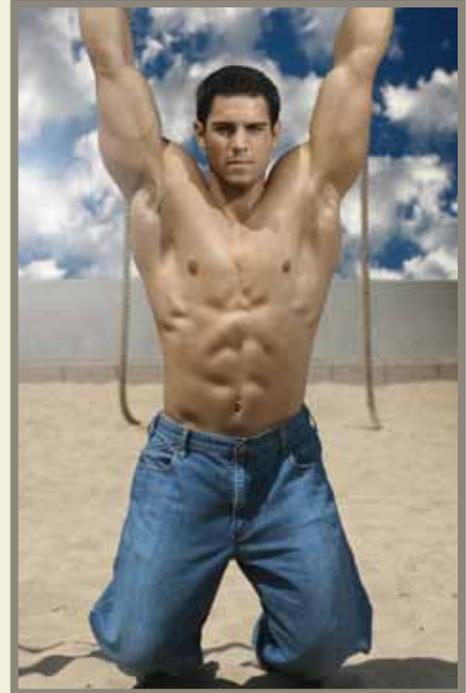
Sit on the edge of a chair and place your hands on the chair edge with your fingers pointing toward your knees. Tighten your abs and bring your toes 2 to 4 inches off the floor, lifting your butt off the chair. Hold this position for at least 10 to 15 seconds. Lower yourself down and repeat at least three times.

HANGING LEG RAISES

Hang freely from a stationary bar with your palms forward and your elbows unlocked. Without swinging pull your knees up to your chest for 10 to 12 reps. Try to do it quickly without rests. Repeat for three sets.

JACK KNIFE SIT-UPS

Lie prone on the ground with your arms fully extended up past your head. Simultaneously pull your arms forward and bring your legs up to meet them to form a “V” bringing your body up off the ground as high as possible with a 1-2 second pause when your hands meet your legs. Do three sets of 10 to 12 reps of sit-ups.



SIDE BENDS WITH WEIGHTS

With your legs slightly apart and standing straight up, position a 15lb to 20lb dumbbell against your outer thigh. Pivoting only at the waist and while flexing your abs, bend your torso toward the arm holding the weight. Do each side of your torso 10 to 12 times for one set. Repeat for a total of 3 sets.

SIDE TWISTS WITH WEIGHT PLATES

In a crunch position on the floor, hold a 10lb or 15lb weight over your abdomen and with your legs extended and crossed; twist your body to the side without using your arms. Do the first side for 10 reps and then repeat on the other side. Do the third set alternating from side to side and be sure to twist only your mid-section.

INCLINE SIT-UPS

Set your incline bench to a position that is not particularly easy for you or at least a 30 degree incline. Place your hands across your chest and pull your torso up to your knees for 15 reps. Do three sets. Hold a 5lb - 10lb pound plate firmly hold against your chest for the final set.



THE PRONE PLANK

Get into the pushup position with your palms on the floor beneath your shoulders. Extend your arms and legs, aligning your head with your spine. Tighten your abs and hold for 30 seconds on rep one. Hold for a full minute on rep two.



PLANK ON ELBOWS

Get in a pushup position but with your elbows bent, rest your body weight on your forearms. Your body should form a straight line. Tighten up your abs as much as possible and hold it for 30 seconds. Rest for 30 seconds, and repeat two more times.

SIDE PLANK

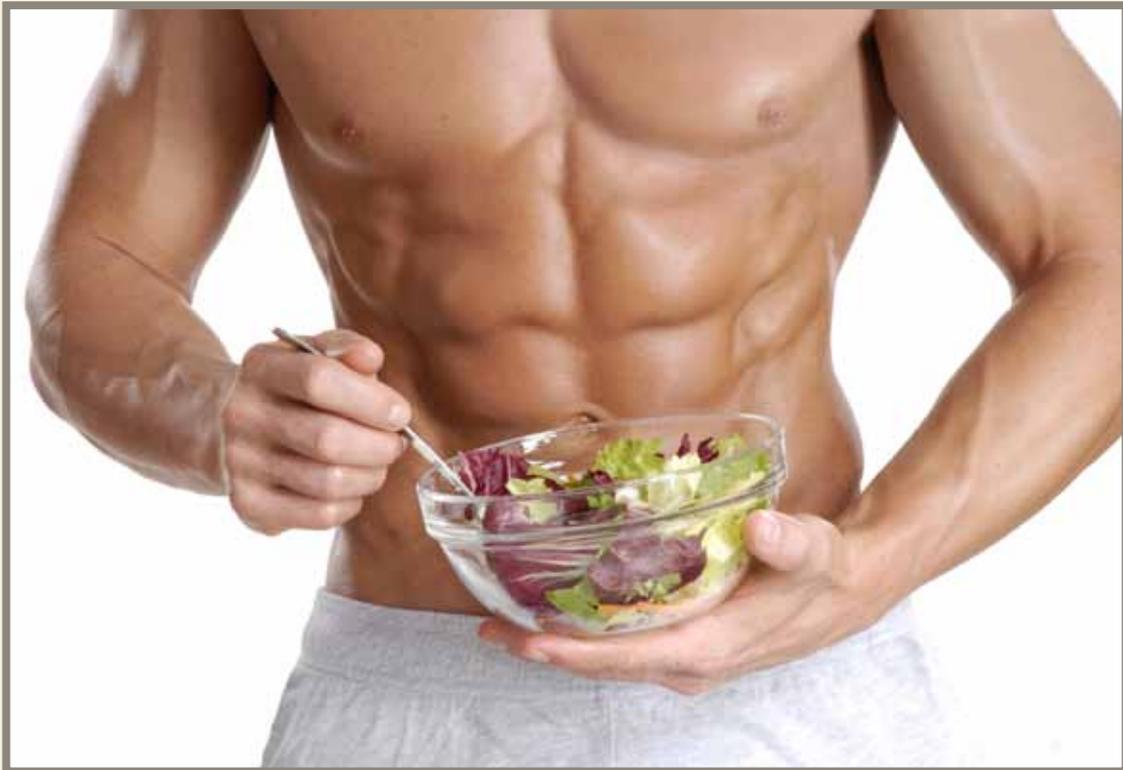
Get on your left side and prop your upper body up on your left forearm. Raise your hips until your body forms a straight line from ankles to shoulders. Tighten up your abs and hold it for 30 seconds. Get on your right side and repeat. Rest 30 seconds, and do 2 more sets.

THE BICYCLE

Lying face up on the floor, place your hands behind your head. Bring your knees in to your chest while lifting your shoulder blades slightly off the floor. First rotate to the left, bringing the right elbow towards the left knee as you straighten the other leg. Then switch sides by bringing the left elbow towards the right knee. Continue to alternate sides in a 'pedaling' motion for 3 sets of 15 reps.

▸ TEXTBOOK ABS FOODS ▸

The following are good food choices that will help you develop and sustain your Textbook Abs workout regimen. The right food combinations can give you the fast fitness results you're looking for. Each of these foods encourage lean muscle, help reduce fat storage, and quell cravings so you can reach your goals more efficiently.



Turkey and Other Lean Meats

Build muscle, strengthen the immune system

Olive Oil

Lowers cholesterol, boosts the immune system

Apples

Provide dietary fiber, help reduce cravings

Almonds and Other Nuts (with skins intact)

Build muscle, make you feel full

Beans and Legumes

Build muscle, help burn fat, regulate digestion

Spinach and Other Green Vegetables

Neutralize free radicals

Eggs

Build muscle, burn fat, good protein source

Whole-Grain Breads and Cereals

Prevents the body from storing fat

Whey

Builds muscle, burns fat, fights obesity

Berries

Protects the heart, and improves balance and coordination.