



**ISOMETRICS ABS**  
**ADVANCED TRAINING**  
**VIDEOS**

**ALBY GONZALEZ**



# ISO-ABS X

ABS IN & OUT



ISO-HOLD: ABS IN & OUT



JUMP SQUATS



T-PUSH UPS



HALF BURPEES



PLANK



# ISO-ABS X2

REACH THROUGH



ISO-HOLD: REACH THROUGH



BURPEES



JUMP SQUATS



MOUNTAIN CLIMBERS



PLANK



# ISO-ABS X3

CRUNCH HEEL TOUCH



ISO-HOLD: CRUNCH HEEL TOUCH



JUMPING LUNGES



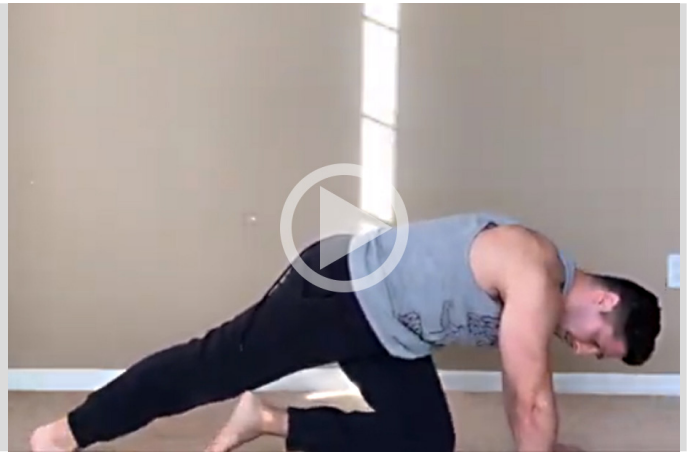
HALF BURPEES W/ PUSH UPS



X-BODY MOUNTAIN CLIMBERS



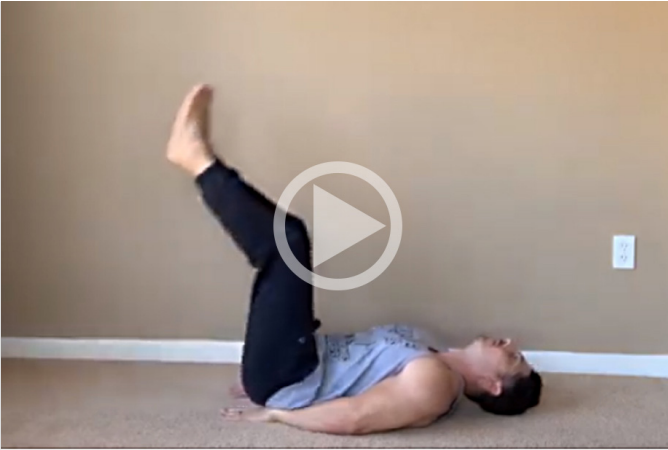
X-BODY PLANK



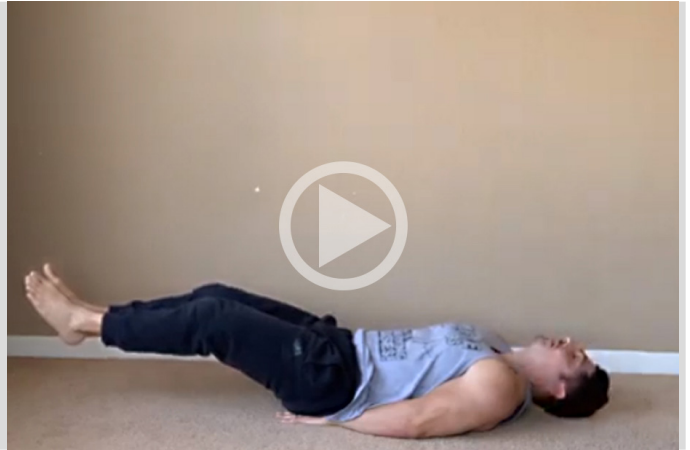


# ISO-ABS X4

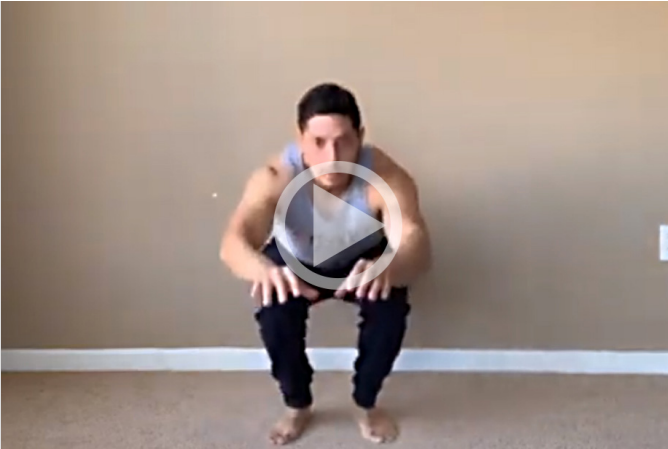
LEG RAISE



ISO-HOLD: LEG RAISE



IN AND OUR SQUAT



HIGH KNEES



KICK UPS



REVERSE PLANK



# ISO-ABS X5

JACK KNIFE



ISO-HOLD: JACK KNIFE



KICK OUTS



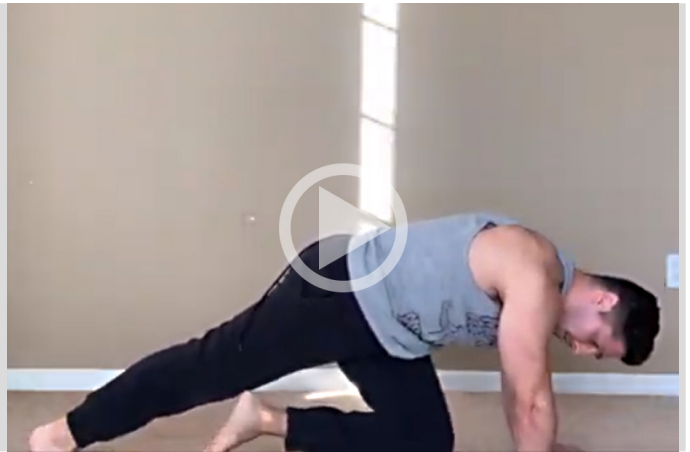
ALTERNATING BIRD DOG



X-BODY MOUNTAIN CLIMBERS



X-BODY PLANK



# ISO-ABS X6

HEEL TOUCHES



ISO-HOLD: V-SIT



REVERSE BURPEES



HALF BURPEES W/ PUSHUPS



POP SQUATS



ONE-ARM PLANK

