



ISOMETRICS ABS

ADVANCED TRAINING

ALBY GONZALEZ

HOW TO: ISOMETRICS ABS

ADVANCED

FOR BEST RESULTS, ALL WORKOUTS SHOULD BE DONE AT NIGHT BEFORE BED (NO FOOD FOLLOWING YOUR ISOMETRICS ABS WORKOUT)

Each week we'll focus on one *Isometrics Abs Extreme* routine. They'll be done for 10 minutes with as little rest as possible in between exercises.

Here's an example:

Perform the given exercise for the prescribed reps. Hold the prescribed isometric contraction for 10 seconds. Immediately go into the following three MetCon exercises. Finish off with the prescribed plank and repeat from the top.

The *Isometrics Abs Extreme* workout circuits should be performed 3-4 days per week.

ISOMETRICS ABS EXTREME CALENDAR EXAMPLE

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		Iso Abs X	Iso Abs X		Iso Abs X	Iso Abs X	
2	Iso Abs X2		Iso Abs X2		Iso Abs X2		Iso Abs X2
3		Iso Abs X3	Iso Abs X3			Iso Abs X3	Iso Abs X3
4		Iso Abs X4		Iso Abs X4		Iso Abs X4	Iso Abs X4
5	Iso Abs X5		Iso Abs X5	Iso Abs X5		Iso Abs X5	
6	Iso Abs X6	Iso Abs X6		Iso Abs X6	Iso Abs X6		

ISOMETRICS ABS *EXTREME*

10-MINUTE WORKOUTS

WEEK 1

ISO ABS X

Abs In & Out x 10 Reps
Iso-Hold: Abs In & Out
x 15-30 Seconds
Jump Squats x 15Reps
T-Push Ups x 10 Reps
Half Burpees x 15 Reps
Plank x 60 Seconds

WEEK 2

ISO ABS X2

Reach Through x 20 Reps
Iso-Hold: Reach Through
x 15-30 Seconds
Burpees x 10 Reps
Jump Squats x 10Reps
Mountain Climbers x 20 Reps
Plank x 90 Seconds

WEEK 3

ISO ABS X3

Crunch Heel Touch x 15
Iso-Hold: Crunch Heel Touch
x 15-30 Seconds
Jumping Lunges x 20Reps
Half Burpees w/ Push Ups x 15 Reps
X-Body Mountain Climbers x 20 Reps
X-Body Plank x 60 Seconds

WEEK 4

ISO ABS X4

Leg Raise x 20 Reps
Iso-Hold: Leg Raise x 15-30 Seconds
In and Out Squat x 15Reps
High Knees x 30 Reps
Kick Ups x 20 Reps
Reverse Plank x 60 Seconds

WEEK 5

ISO ABS X5

Jackknife x 15 Reps
Iso-Hold: Jackknife x 15-30 Seconds
Kick Outs x 20 Reps
Alternating Bird Dog x 20 Reps
X-Body Mountain Climbers x 30 Reps
X-Body Plank x 60 Seconds

WEEK 6

ISO ABS X6

Heel Touches x 15 Reps
Iso-Hold: V-Sit x 15-30 Seconds
Reverse Burpees x 10
Half Burpees w/ Push Ups x 10 Reps
Pop Squats x 20 Reps
One-Arm Plank x 60 Seconds