
The Ab Torture Method Video Companion

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.

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Video Companion Guide

This guide contains a list of links to online videos where Colt demonstrates each exercise. To click a video, hold the “Control” button on your keyboard while clicking an individual link.

This should cause the video to open in your web browser. The full list of videos is on the next page.

Beginner Ab Exercise Videos

[crunch plus knee raise](#)

[Side plank](#)

[Leg raise](#)

[Bicycle](#)

[bench sit up](#)

[V-ups](#)

[Scissors](#)

[Mountain climbers](#)

[Plank with feet elevated](#)

[Hypers](#)

Intermediate:

[weighted bench sit up](#)

[Weighted hyper](#)

[Weighted leg raise](#)

[Plank on ball](#)

[Weighted bicycle](#)

[Weighted v up](#)

[Mountain Climber on ball](#)

[Ab wheel](#)

[Weighted scissor](#)

Advanced

[ab wheel from toes](#)

[Single arm farmer's walk](#)

[Stir the pot off ball](#)

[Dragon flag](#)

[Toes to bar](#)

[Weighted leg raise with pulse up off bench](#)

[Superman plank](#)

[Weighted mountain climbers](#)

[Partner Leg Throw](#)

[Partner Med Ball Sit Up](#)