
The Only Ab Exercise You Need

*******Special Report*******

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Bonus Report: The Only Ab Exercise You Need



People always think there's a big secret to getting great abs.

But guess what? There is NOT.

It's really simple. Want great abs?

You need to do two things...

First, you need to be lean enough to actually SEE your abs. That part comes from diet.

Next, you need to strengthen your abs so they are more visible. That part comes from training.

Training your abs doesn't have to be difficult. In fact, you can get great abs with just ONE exercise. Here it is:

The Double Crunch.



As you can see, with a single movement the double-crunch actually targets both your upper AND lower abs. It's the ultimate "bang for your buck" ab exercise.

Now here's the ultimate "bang-for-your buck" training program. After decades of experience, I've found that abs respond best when you train

them nearly every day (5 or 6 days per week) for two weeks, then take two weeks off.

So if I have a beach vacation coming up or some other important event... I'll train my abs every night for 2 weeks straight... and then take the next 2 weeks off and I won't do any ab exercise for the next 2 weeks.

Here's the ultimate training protocol to use with this ab exercise:

Do 8 sets of 8 reps. That's 64 total reps.

Start out with 1 minute of rest in between sets. And when that gets too easy, drop down to 45 seconds of rest in between sets. When that gets too easy, drop to 30 seconds of rest between sets.... Then 15 seconds.

When even just 15 seconds of rest between sets gets too easy, then here's how you take things up another level: Start replacing rest time with top position squeezes.

Let me explain:

Let's say you've done your first set of 8 reps. Instead of resting for 15 seconds, hold the top position (where your knees are touching your elbows) and squeeze/tighten/flex your abs as hard as you can.

Do this for 5 seconds to start. And then once you can do a 5 second squeeze between all sets, gradually start to INCREASE the time.

So there you have it - the only ab exercise you need to get great abs.



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Medical Stuff

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.