



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## BEYOND THE “BEST AB EXERCISES” (HOW TO ACTUALLY GET ABS)



There is an overwhelming amount of misguided, misleading, and even malicious advice out there about how to get “six pack abs.”

**The good news is this:  
If you can do just two things well, you can have killer  
abs.**

You are two simple steps away from abs.

This is true regardless of how fit or fat you might be and how little or much you exercise. It's true whether you're a guy or girl, whether you're 20 or 50, and whether you love “clean eating” or not.

Here they are...

### **01. Lose the belly fat.**

You can't see your abs because you have too much fat covering them. If you shrink that layer of fat, you're close to a six pack if not there.

The sixty-four-dollar question, though, is how to actually do that.

And the first thing you need to know about losing belly fat is you can't directly “target” it for elimination. In fact, you can't target any area of your body for fat loss.

You simply can't burn away the fat covering muscles by training them. What your training can do, however, is help build muscle and burn energy, which can help you get slimmer thighs and a more toned butt and sculpted midsection.

The reason for this is fat loss (and gain) is a whole-body process. That is, you can reduce your total fat mass through proper dieting and training, but those reductions will occur everywhere on your body.

What this tells us, then, is if we want abs, our body fat percentage needs to be in the right range.

### **02. Develop your abs and other core muscles.**

You've probably heard that you don't need to do ab exercises to have great abs. That's true if you have great genetics. Most of us aren't so lucky. We have to train our abs to get the look we want.

And when people talk about the “core,” they’re usually including several other muscles such as the obliques, transversus abdominis (or “TVA”), and serratus.

The rectus abdominis gets the most attention, but these lesser-known muscles play an important role in achieving the overall look we want.

## **THE 6 BEST AB EXERCISES**

If you’re like most guys, you don’t just want abs. You want thick, “blocky” abs with deep cuts that “pop” when flexed. And that means you’re going to need significantly more muscle development in your core than you currently have. (And if you’re a woman, you probably want something a bit more “elegant,” but even that’s going to require a more muscular core than you might realize.)

If you want to build muscle effectively, you need to progressively overload your muscles, and the best way to do that is with resistance training. That is, bodyweight training can build muscle up to a point, but it can’t deliver anywhere near the results of resistance training (and weightlifting in particular).

What this means for your abs and core training is you must do weighted exercises if you want a great six pack. And not only that, but you must progress on the exercises over time (by getting stronger).

### **The Big Compound Lifts**

Few people think of the squat, deadlift, bench press, and overhead press as “ab exercises,” but they deserve a place in this article.

Research shows that compound movements like these can train your core better than traditional “core” exercises, and especially when performed with heavy weights (80%+ of 1RM).

### **Cable Crunch**

This is one of my favorite exercises for training the rectus abdominis. It allows you to safely and comfortably overload your abs and core, making it particularly good for increasing the size and definition of the muscles involved.

### **Captain’s Chair Leg Raise**

This exercise is really good for training both the rectus abdominis, including the “lower abs,” and obliques.

You can start with your knees bent but you want to work toward keeping your legs straight. Then, as you get stronger, you can add weight by snatching a dumbbell in between your feet.

## Hanging Leg Raise

This is a more difficult version of the Captain's Chair Leg Raise because you have to keep your body stabilized.

Again, you can start with your knees bent but you want to work toward straight legs, and you can add weight by snatching a dumbbell in between your feet.

## Air Bicycle

This exercise is simple but effective, and particularly good for training your obliques and TVA.

## Ab Wheel Rollout

I generally shy away from gadgets and gizmos, but I do like the ab wheel.

### **REMEMBER-PROGRESSION IS THE KEY**

Now, I mentioned earlier that your goal isn't to just do these exercises. It's to progress on them.

What that means in this context is:

**01.** Adding weight to your weighted exercises over time. You do this by adding weight once you hit the top of the rep range you're working in.

**02.** Getting more reps on your bodyweight exercises over time. Your goal in your bodyweight ab exercises is to simply get as many reps as you can. If, in time, you make so much progress on a bodyweight exercise that you can do what seems like an endless number of reps (50+), you can increase the difficulty by adding resistance/weight or moving on to a more difficult exercise or progression.

I can't overstate the importance of progression, so make sure to track your workouts and always strive to beat your last performance.

## HOW TO CREATE THE ULTIMATE AB WORKOUT

Now that you know which ab exercises you should do and how to get the most out of them, let's look at how to put together an effective ab workout.

Here's how I like to do it:

- 01.** Do both weighted and unweighted training.
- 02.** Do 2 to 3 ab workouts per week.

I also recommend that you separate your ab workouts by 1 to 2 days.

So, with those "rules" in place, let's look at how to structure your ab workouts.

The best ab workouts involve doing "circuits" consisting of several exercises done back-to-back, without rest. I like 3-exercise circuits personally. You rest in between circuits and repeat them several times per workout.

Here's how to do the circuits:

- 01.** Your first set should be a weighted/high-resistance exercise. I like to work in the 10 to 12 rep range on my weighted/high-resistance sets.
- 02.** Without resting, do one set of an unweighted/low-or-no-resistance exercise. Go directly into the next exercise and do as many reps as you can.
- 03.** Without resting, do one set of another unweighted/low-or-no-resistance exercise. Again, go directly into the next exercise and do as many reps as possible.
- 04.** Rest 2 to 3 minutes in between circuits.

I like to do my ab circuits in between sets of major muscle groups to save time. I also usually do them later in my workouts, in between the sets of "easier" exercises (as opposed to early in my workouts, when I'm doing my heavy, compound work).

In terms of circuits per workout, a good goal to work toward is 3 ab circuits per ab workout (6 to 9 circuits per week). When 9 circuits per week is no longer challenging, you can increase to 12 per week. There's no need to increase beyond that, though, as it's not likely to improve your results. 12 is plenty.

## MY FAVORITE AB CIRCUIT

Here's a simple but challenging circuit to get you started:

- ✓ 1 set of cable crunch (12 to 15 reps)
- ✓ 1 set of captain's chair leg raise (to failure)
- ✓ 1 set of air bicycles (to failure)
- ✓ Rest 2 to 3 minutes in between circuits

## CAN SUPPLEMENTS HELP YOU LOSE BELLY FAT?

No amount of weight loss pills and powders are going to make you lean. Trust me.

If you're trying to lose fat, pill popping, even to excess, is not going to be enough. There just aren't any safe, natural "fat burning" compounds powerful enough to, all on their own, cause meaningful weight reduction.

That said, if you know how to drive fat loss with proper dieting and exercise, certain supplements can accelerate the process. Another big benefit of taking the right fat loss supplements is they are particularly effective for reducing stubborn fat, which is usually belly fat for us guys and hip and thigh fat for girls.

So, with that said, let's look at my actual supplement recommendations (and personal "cutting stack").

### 01. Caffeine

As weight loss boils down to energy consumed vs. energy expended, caffeine helps you lose fat by increasing your body's daily energy expenditure.

Caffeine also improves strength, muscle endurance, and anaerobic performance, and also reverses the "morning weakness" experienced by many weightlifters.

Here's what I recommend:

- ✓ Before training, supplement with 3 – 6 mg caffeine per kg of body weight. If you're not sure of your caffeine sensitivity, start with 3 mg/kg and work up from there.

- ✓ Keep your daily intake at or below 6 mg per kg of body weight. Don't have 6 mg/kg before training and then drink a couple of coffees throughout the day.
- ✓ Do 1 – 2 low-caffeine days per week, and 1 no-caffeine day per week. A low day should be half your normal intake, and a no day means less than 50 mg of caffeine (you can have a cup or two of tea, but no coffee, caffeine pills, etc.).

Personally I get my caffeine from my pre-workout PULSE, which contains a dehydrated and concentrated form of caffeine (caffeine anhydrous) shown to be more effective for improving performance than what is naturally found in beverages like coffee.

PULSE also contains clinically effective dosages of 5 other ingredients scientifically proven to improve workout performance:

- |                     |             |
|---------------------|-------------|
| ✓ Beta-Alanine      | ✓ Ornithine |
| ✓ Citrulline Malate | ✓ Theanine  |
| ✓ Betaine           |             |

And what you won't find in PULSE is equally special:

- ✓ No artificial sweeteners or flavors.
- ✓ No artificial food dyes.
- ✓ No unnecessary fillers, carbohydrate powders, or junk ingredients.

## 02. Yohimbine

Yohimbine is a substance found in the *Pausinystalia yohimbe* plant.

Research shows that it enables your body to reduce fat stores faster, and it's particularly useful as you get leaner and are battling with stubborn fat holdouts.

Some people get overly jittery from yohimbine, so I recommend you start with .1 mg/kg of body weight to assess tolerance. If you feel fine, then increase to the

clinically effective dosage of .2 mg/kg. Furthermore, yohimbine can raise blood pressure. If you have high blood pressure, I don't recommend you use it.

In terms of which specific yohimbine supplement I recommend, I've included a clinically effective dosage in my pre-workout fat burner FORGE. It also contains clinically effective dosages of two other ingredients:

- ✓ HMB
- ✓ Citicoline

The bottom line is FORGE helps you lose fat—and "stubborn" fat in particular—faster, preserve muscle, and maintain training intensity and mental sharpness.

### 03. PHOENIX Fat Burner

PHOENIX's caffeine-free formulation is quite a bit different than FORGE's and is actually made to be "stacked" with it (taken together). PHOENIX helps you burn fat in three different ways:

- ✓ It dramatically increases metabolic speed.
- ✓ It amplifies the power of fat-burning chemicals produced by your body.
- ✓ It increases the feeling of fullness from food.

It accomplishes this through clinically effective dosages of several ingredients, including...

- |              |                                   |
|--------------|-----------------------------------|
| ✓ Synephrine | ✓ Epigallocatechin gallate (EGCG) |
| ✓ Naringin   | ✓ Forskolin                       |
| ✓ Hesperidin | ✓ And more...                     |

The bottom line is if you want to lose fat faster without pumping yourself full of stimulants or other potentially harmful chemicals...then you want to try PHOENIX.

Real science. Real supplements. Real results.  
Get the results you want when you shop our line of bodybuilding,  
pre-workout and weight loss stacks and supplements.

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**YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.**