

# **Abs Workout Giveaway**

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***You must get your physician's approval before beginning this program.***

Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with your physician or a registered dietician.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like.

***Do not take risks beyond your level of experience and abilities.***

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

## **Disclosure**

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# The Abs Workout Video

<https://www.youtube.com/watch?v=mAldvAcVMg4&t=10s>

## The Workout Description

Perform this workout separate from your other weight training two times per week.

If you need more than four weeks to get in tip-top shape (and you probably will) perform this routine twice a week for one month.

Then, take one month completely off before returning for a second round as you wrap up your cut. This keeps the training stimulus novel; promoting gains. The planned break allows full recovery to maximize your hard work.

### **1. Hollow Body Hold — 3x 45-60 seconds, rest 45-60 seconds**

A gymnastics move by nature, the hollow body hold teaches you to brace and hold a neutral spine while contracting your entire rectus abdominis muscle.

Lay flat on the ground, looking up. Flatten your lower back and flex your knees, pointing your toes away from you. Extend your legs in front of you while picking up your arms, keeping your back flat, and lifting your head and shoulders off the ground. Aim to do these twice a week.

### **2. Ab Wheel Rollout— 3 x 6-10, rest 60-90 seconds**

Ab wheel rollouts are an absolute killer for ab development. Plus, they force you to resist the extension (arching) of your lower back while also training your lats, shoulders, and triceps.

Kneel down, holding the handles of the wheel with your arms locked out beneath your shoulders. Brace your abs and roll out as far as possible, then roll back without shifting your hips or arching your lower back. Alternatively, the stability ball rollout is a great drill to progress towards the ab wheel.

Start small: The ab wheel brings intense muscular damage and soreness.

Start with two to three sets of six to eight reps twice per week. Add two reps per week (up to 15 or so), and then move on to adding a third set.

3. Half Kneeling Pallof Press 3x8-10, rest 60s

#### **4. Hanging Leg Raise 3x10-15, rest 60 seconds**

The hanging leg raise is a popular exercise for targeting the part of your abs below your belly button. By keeping your elbows slightly bent and shoulders retracted, you'll also stretch the lats, build a stronger grip, and develop more muscular forearms.

As with the other ab exercises in this list, keep your abs braced, and avoid arching your lower back. Grab a pull-up bar with a double overhand grip, squeezing the bar as tight as possible, and keeping the elbows slightly bent.

Retract your shoulders, as if tucking them into your back pocket and holding them there.

#### **5. Single Arm Farmers Carry — 3 x 60 seconds, rest 60 seconds**

Dubbed the “most functional exercise” by experts like Gray Cook and Stuart McGill, farmer's walks should be in every training program.

Walking with heavy dumbbells in hand, your core is forced to dynamically stabilize the hip and midsection during every step, which fires up your abs and teaches deep stabilizing muscles to stay strong and hold position during other exercises.

Grab a pair of heavy dumbbells and walk slowly — heel to toe — for 30 to 60 seconds, squeezing the dumbbells and staying as tall as possible throughout the entire set. Perform 3 sets of 30 to 60-second walks twice per week.

If you want to spice up your weighted carries, see these variations.

This protects the ligaments and tendons in your elbows and shoulders from unnecessary stress. From this position, flex your quads and bring your legs up just past 90 degrees, allowing your hips to roll up, forming an L shape with your body. Pause at the top for two seconds, then lower with control.

Too Tough? Start by bending your knees and holding them up at 90 degrees for 5-10 seconds for each rep. Perform 3-4 sets of 10-15 reps twice per week

## Welcome To Bach Performance

Let's cut to the chase: I'm here to help you look great naked—build muscle and lose fat—without living in the gym. I've been coaching men and women since 2009 and am here to cut through the bullshit, fluff, and fads that pollute the fitness industry and make “getting results” way too complicated.

If this sounds good to you, welcome to Bach Performance. You're in the right place. Our beliefs and methods are simple, yet our results are world class, as we'll show you shortly.

Chances are you've tried fasting, KETO, cleanses, aggressive diets, training programs from CrossFit to bodybuilding and haven't found what you're looking for. Or, maybe you have made the progress you wanted but are now looking to save time and still make great progress.

You want the right amount of muscle, a physique that turns heads at the beach, and the confidence to take your shirt off without feeling self-conscious. You want the energy to conquer long days at the office and busy nights at home, whether they entail building your business or building your family.

And you want to build a razor-sharp mind along with a clean bill of health without being a social recluse. The last part is essential, and something not often addressed when it comes to fitness. You need a fitness regimen to improve, not consume your life.

Heck, you have business meetings, dinners, and social occasions where brokering deals over dinner and cocktails is part of your livelihood.

We get it. **Bach Performance Physique Coaching Program is designed specifically to help high performers like you look great naked without living in the gym.** After all, building your best body improves more than the reflection in the mirror: it improves your confidence and energy, which seeps into and improves your life from the boardroom to the bedroom.

In short, we understand the same thing: Building a high-performance body is an essential cog to both looking great naked and performing at your best in all facets of life.

Your time is at a premium, and while you want to lose stubborn fat and build muscle, it's also important you can do so without living on shriveled up chicken breast and partially frozen Tupperware.

**You need an approach to fitness to improve your life rather than consume it.**

If our “credo” resonates with you, then you’re in the right place. I'm Eric Bach, owner of Bach Performance.



Bach Performance is the only 12-month Performance & Physique Transformation Program for busy men and women who want to look great naked without obsessing over

fitness. Together, my coaches and I are here to help you regain your health, boost your energy and look great naked without obsessing over fitness.

I've been a coach for over a decade, working with collegiate and pro athletes while having my work featured in places like T-Nation, CNN, and bodybuilding.com. I'm also married, a father, and an entrepreneur.

I understand what it's like to have a full plate because, for lack of a better term, I'm in the grind with you.

We get what it's like to race the clock, feel like you have a never-ending to-do list, and still, have ideas spinning through your head while laying in bed. Conversely, we understand how easy it is to feel overwhelmed and to occasionally throw your hands up and wonder how you'll ever get it all done.

Luckily, with our experience at Bach Performance, we've found the fundamental principles high performers need to focus on to look, feel, and perform their best even when they're on the go 24/7.

We're uniquely equipped to help you , unlike anyone else in the fitness industry. **The key to maximizing the precious minutes in your day to perform at peak capacity comes down to finding a practical approach to improve, not consume your day.**

So, what is the "secret?"

**Well, marketing be damned, we don't like to throw "secrets" around.**

Instead, we focus on science-tested, experienced back methods as you'll see in the High-Performance Handbook.

Our core beliefs are this:

**Training:** Train simply. Lift heavy. Progress consistently. Success comes from the ruthless execution of the basics.

**Nutrition:** Eat foods on the ground or have a face. Nutrition must be made simple.

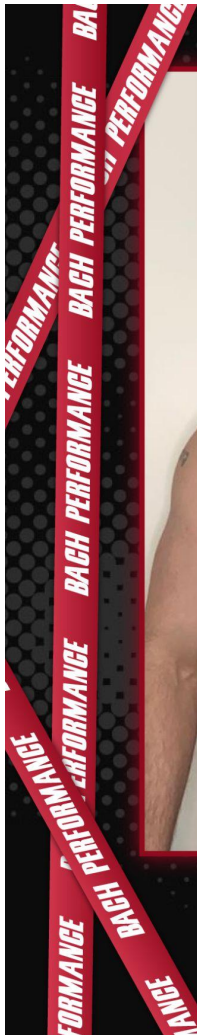
**Lifestyle:** Fitness should improve your life, not consume it.

Much like business, success often comes from the ruthless execution of the basics, then mixing in higher level tactics as they fit--not relying on them as a "cure-all solution."

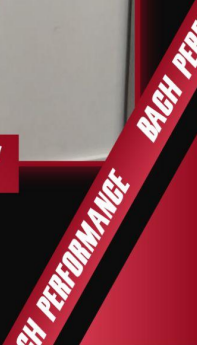
So, how can we simplify fitness and embed the Bach Performance credo into helping you build a high-performance body and lifestyle?

Read on. We're going to cover the biggest mistakes high performers make with their training, diet, and lifestyle. More importantly, we're going to give you a clear-cut action step for each one, and show you how we've helped others just like you overcome the same hurdles.

**The methods below have worked wonders for over 1100 clients:**




## BACH PERFORMANCE

**JOHN DORMAN**

## BACH PERFORMANCE

 Bachperformance

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**240 LBS**


A full-body photograph of a man standing in a room with white curtains in the background. He is shirtless, showing a very lean and muscular physique with visible abdominal muscles and a small waist. He is wearing black athletic shorts. The image is framed with a red border, and the word 'AFTER' is written in white capital letters on a red background at the top. At the bottom, there is a red banner with the text '170K 180' in white.


**179.4 LBS**

**MR. X** **AGE: 54**



## BACH PERFORMANCE

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**BACH PERFORMANCE**

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**BEFORE**



**AFTER**



**"I even get compliments  
on my butt now!"**

**KACI ANN**



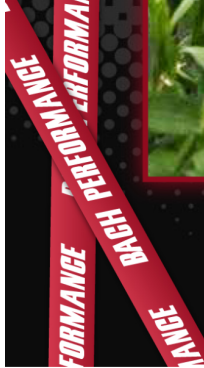
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**HIGH PERFORMANCE**





If you'd like to experience a similar life-changing transformation, whether you want to build bigger arms or burn stubborn belly fat and retake control of your health, apply for coaching here:  
<https://bachperformance.com/coaching>

Otherwise, enjoy this guide. It'll get you going in the right direction.

*Eric Bach, President at Bach Performance*

## The Abs Training Blackbook: How To Build Killer Abs

Killer abs are the crowning glory of a muscular physique. Chiseled six-pack abs aren't enough. And being all skin-and-bones with a few abdominal muscles popping through your skin is even

worse.

You're after brutally strong abs. This article explains how to get them.

Beyond aesthetics, killer abs help you lift Herculean weights and prevent injury.

## **The Problem with Most Ab Routines**

Most ab training is a smorgasbord of “functional” exercises or a hapless diet of crunches, side-bends, and sit-ups. Both mistaken approaches will are more likely to bore you to death than get you jacked.

No wonder you're left asking: “How come I can't see my abs yet?”

The truth is most ab routines out there are complete garbage. Yes, diet is a key factor to seeing your abs. But a half-assed ab exercise to wrap up each workout won't build the strong, chiseled abs you're after, either. Neither will an endless diet of planks, pallof presses, and cable chops.

## **Building Brutally Strong Abs**

I'm going to nip this in the bud now: squats and deadlifts aren't enough to build great abs.

Neither are the fancy “functional” movements like planks.

And isolation work like crunches? Well, they alone aren't enough but they're still important for building deep-cut, chiseled abs.

You'll need a multi-faceted approach to build brutally strong abs that prevent injury, supercharge performance, and turn heads at the beach..

**First, you'll train your abs in a focused six-week block.** Then you'll take four weeks off. This shocks your body into growth. The break promotes supercompensation for extra muscle growth.

**Second, you'll train the abs with the anti-movements** to prevent injury and reinforce a strong, stable mid-section.

**Third, we'll add high-tension, longer duration, and flexion based exercises** to build dense muscle and deep cuts through your abs.

## **Prevent Injury First**

As the functional folks never tire of preaching, the goal of core training is to prevent unnecessary movement through your spine. And your core must provide a stable base to transfer force from the upper body to lower body.

Here are the anti-movements.

**Anti-extension exercises:** Resist extension of the spine. This includes exciting exercises like planks and more intense variations like walkouts or ab wheel rollouts.

**Anti-lateral flexion:** Prevent your body from bending sideways. Deep stabilizers like the quadratus lumborum (QL) and external muscles like your obliques carry out this role. Anti-lateral flexion exercises include side planks, carrying all your groceries in one hand, and suitcase deadlifts.

**Anti-Rotation:** Resist rotation through the lumbar spine. Exercises like the pallof press, cable chop/lift, and compound exercises like single arm rows and single arm bench presses train you to prevent rotation.

You need the “anti” movements in your training if you want to maximize performance and prevent injury. The goal here is to stimulate and strengthen. Program these exercises first in your workout to boost performance and prevent injury.



# High Tension Strength Building Exercises

There's a better option than starving yourself to a six pack. Build brutally strong abs with high-tension exercises that also build total body strength and power. These big lifts are the backbone of all good programs. You'll perform a steady dose of squats, cleans, chin-ups, deadlifts, overhead presses, and weighted carries.

## Front Squats

If you're new to front squats, adding these puppies in will obliterate your mid-section. The bar resides on the front side of your body. Your torso battles to keep you vertical and prevent your hips from going into an excessive anterior pelvic tilt. This hammers your obliques, rectus abdominus, and spinal erectors. It prevents holding forward like an accordion and dumping the bar.

## Farmers Walks

Farmers walks are phenomenal core exercises because they require stabilization of your hip and spine with every step. Your abdominal and back muscles work in concert to prevent unwanted movement, building a dense, strong core that's as powerful as it looks. Posture dictates muscular function, so keep your spine tall and abs braced with each step.

## Single arm farmers carry

Single arm farmers carries have all the benefits of typical farmers carries, yet the offset loading forces your quadratus lumborum and obliques to prevent lateral flexion.

<https://vimeo.com/156273917>

## Double Paused Front Squats

Front squats alone are a killer for your abs. Take them up a notch but adding in two pauses. First, pause in the hole of your deadlift, then above parallel in your sticking point. You'll create immediate tension during the lift, then hold it through the toughest part of the exercise for brutally strong abs.

<https://youtu.be/4ukWwI7UDhM>

### **Hang Deadlifts**

Hang deadlifts are a full deadlift followed by a deadlift to the base of the knee before locking out. This ends up being a long time under-tension, requiring you reinforce trunk stiffness. Your core works in all dimensions to prevent flexion and transfer force> It all adds up to an incredible high-performance abs exercise.

<https://youtu.be/zQBGh3Ubhso>

### **Single Limb Abs Exercises**

Single-limb exercises force you to recruit more core muscles to stabilize the spine and transfer load in ways neglected by bilateral lifts.

### **One Arm Dumbbell Snatch**

Beyond building world class athleticism and shirt-stretching traps, dumbbell snatches provide a missing component in most lifters ab training: high-velocity movement. Using a total body movement like a single arm dumbbell snatch requires your core to contract and transfer force. Your abs contract to stabilize the unbalanced weight overhead. This results in you building abs as strong as they are visually appealing.

<https://vimeo.com/212917167>

### **Split Stance Dumbbell Row**

A split stance dumbbell row turns your dumbbell row into an excellent anti-rotation and anti-flexion core exercise. *How to do it:* With a heavy dumbbell in one hand, lock the opposite arm out on a bench and hold a flat back position. Keep the feet staggered and row the dumbbell in a "j-path" towards your ribcage while preventing unwanted rotation and flexion.

<https://vimeo.com/197969798>

### **Single Arm Overhead Presses**

All overhead presses are phenomenal core exercises, but single arm varieties are even better. As you lift overhead, your core must stabilize to prevent unwanted hyper-extension through your spine. Taken a step further, single arm dumbbell presses require you to prevent lateral flexion, training deep stabilizers like your quadratus lumborum (QL) and superficial muscles like your obliques.

### **Single Arm Dumbbell Bench Press**

Beyond attacking muscular imbalances from barbell pressing, single arm bench presses force you to drive your feet into the ground to prevent you from corkscrewing off the bench. As a result, you'll bring up weak points in your upper body while hammering your obliques and QL.

### **Building Muscular Abs**

The mechanisms for hypertrophy are the same whether we're talking about biceps or abs. To build dense, deep cutting abs you'll need to combine high-tension exercises, create metabolic stress, and create muscular damage. The exercises listed above provide plenty of tension. Now your focus shifts to creating metabolic stress and damage through longer duration isolation sets to cap off your training.

### **Isolation Movements**

Compound exercises take care of your heavy lifting, but isolation exercises will maximize your muscle-mind connection and build deeper, head-turning cuts through your mid-section.

Abstain from hammering too many rotational based exercises like side bends. Are you after the "v-tapered" look? Over-developed obliques leaves you with the blocky abs look, rather than a narrow, defined mid-section. The anti-rotation and anti-lateral flexion movements provide plenty of stimulation for your obliques.

### **Anterior Core Isolation Exercises**

As with all isolation exercises keep the goal at using a long time-under tension to create metabolic stress and improve your mind-muscle connection. I recommend a one second pause at

the top, three to five second eccentric, two second eccentric, and a slight pause. Stay focused and let your abs do the work rather than race through these.

### **Stability Ball Crunch**

Using a stability ball (yeah, can you believe it?) lay on your back with you feet pressed firmly into the ground. Your lower back should be centered over the ball. With your hands placed on the side of your head, lean back and stretch your abdominals before crunching forward, rolling your shoulders towards your hips and squeezing your abs.

### **Kneeling Cable Crunch**

Kneel while holding a rope attachment on a pull at eye-level. With the rope held next to your head, push your hips forward, extending your hips and stretching your abs at the top of the movement before flexing at the waist, squeezing your abs as hard as possible at the bottom of the movement. Return to the starting position.

<https://vimeo.com/212917077>

**Hanging Leg Raise:** Grab a pull-up bar with a double overhand grip, squeezing the bar as tight as possible and keeping the elbows slightly bent. Keep your shoulder blades retracted, as if tucking them into your back pocket and holding them there. From this position, flex your quads and bring your legs up past 90 degrees, allowing your hips to roll up, forming an “L” shape with your body. Pause at the top range of motion for two seconds, lower under control.

<https://vimeo.com/197970098>

**Knee Tucks:** Hook your feet into the straps of a suspension trainer and assume a push-up position. Bring your knees in towards your stomach while lifting the hips, crunching your abdominals. Extend back out to a full-push up position and repeat.

<https://vimeo.com/212917106>

## **A Sample Upper-Lower Workout Week**

This workout is an upper-lower split designed to build eye-popping abs that turn heads as well as

boost your gym performance. Each week, follow the basics of progressive overload: add weight to the bar and get a little bit stronger from workout to workout. When combined with an aggressive fat loss diet, you'll have diamond cut abs in time for beach season.

### **Monday: Upper Body**

Dynamic Warm-Up

- 1a. Half Kneeling Anti-Rotation Hold 2x15 seconds, rest 0
- 1b. Clamshell 2x8, rest 0
2. Dumbbell 45 degree Incline Bench Press 3x12,10,8, rest 90 seconds
3. Single Arm Dumbbell Flat Bench Bench Press 3x8,6,6, rest 90 seconds
4. Seated Cable Row 3x12, rest 60 seconds
5. Dumbbell Split Row with Pronated Grip 3x15, rest 60 seconds
- 6a. Ab Wheel Rollout 3x8, rest 0 seconds
- 6b. Dumbbell Single Arm Farmers Walk 3x50 steps/armrest 45 seconds

### **Tuesday: Lower Body**

Dynamic Warm-Up

- 1a. TRX Fallout (<https://youtu.be/swi-lBfEBvU>) 2x8, rest 0
- 1b. Supine Hip Thrust (<https://youtu.be/Pvaulf9GEhk>) 2x15, rest 0
2. Dumbbell Squat Jump 3x5, rest 45 seconds
3. Back Squat 4x8,6,4,12, rest 2 minutes
4. Double pause front squat 3x5, rest 2 minutes
- 5a. Dumbbell Reverse Lunge 2x12/leg, rest 30 seconds
- 5b. Single Leg Hip Thrust 2x12/leg, rest 60 seconds
- 6a. Hanging Leg Raise 3x12-15, rest 0
- 6b. Stability Ball Crunch 3x15, rest 30
- 6c. Kneeling Cable Crunch 3x12-15, rest 30

**Wednesday: Off/20-30 minutes low intensity cardio**

**Thursday: Upper Body**

### Dynamic Warm-Up

- 1a. Tall Kneeling Pallof Press 2x12, rest 0
- 1b. Lateral Band Walk 2x12, rest 0
- 2. Single Arm Dumbbell Snatch 3x8, 6, 6 Rest 90 seconds
- 3. Seated Dumbbell Shoulder Press 3x12, rest 60 seconds
- 4. Neutral Grip Chin Up 4x8, rest 2 minutes
- 4a. Chain Push-Up 3x Fail, rest 0
- 4b. Dumbbell Farmers Walk 4x45 seconds, rest 90 seconds
- 5a. TRX/Suspension Trainer Knee Tucks 3x12, rest 0
- 5b. TRX Fallout 3x12, rest 60 seconds

**Friday: Off/Biceps...obviously.**

### **Saturday: Lower Body**

#### Dynamic Warm-Up

- 1a. Feet Elevated Side Plank 2x45 seconds, rest 0
- 1b. Tall X-Band Walk (<https://youtu.be/NV1w18l2d1I>) 2x12, rest 0
- 2. 45 Degree Banded Back Extension 3x10, rest 45 seconds
- 3. Deadlift 4x3, rest 2 minutes
- 4. Hang Deadlift 3x5, rest 2 minutes
- 5. Dumbbell Walking Lunge 3x12/each, rest 60 seconds.
- 6a. Ab Wheel Rollout (4-1-1-1 tempo) 3x6-8, rest 30 seconds
- 6b. One Kettlebell Front Squat 3x15, rest 30 seconds
- 6c. Push-Up Plank hold 3x 45 seconds, rest 30 seconds

**Sunday: Off**

**Resources:**

Comfort, P., et al. An Electromyographical Comparison of Trunk Muscle activity during isometric and dynamic strengthening exercises. Journal of strength and conditioning research. 2011.2591), 149-154.

Schoenfeld, Brad. "The Mechanisms of Hypertrophy and Their Application to Resistance Training." Journal of Strength and Conditioning Research. 24.10 (2010): 2857. Web. 21 Nov. 2013.