



The Magnificent 7 Abdominal Routine

By Hugo Rivera

The Routine

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As the month of August comes to an end and February dawns upon us, the Spring rapidly approaches with no one to stop it. As Frank Zane well states in his book *Fabulously Fit Forever*, “Spring is a time of rebirth for my muscles with getting back into good shape as its theme.”

With this theme in mind I have decided to implement a strategy that will get the Abs into awesome shape. Nothing looks more impressive than a well-built physique with a six pack of well defined abs in front of it. Remember that 50% of results as far as showing the abs comes from the kitchen (your diet). With this in mind, I will present below a routine that guarantees quick results.

The routine is composed of 7 abdominal exercises carefully chosen to hit both the upper and lower abs. You will note that no direct oblique work is present. The reason for that is the fact that in my experience, direct oblique work only leads to a wider waistline. Besides, the obliques get enough indirect stimulation from exercises like Squats, Deadlifts, Sit-ups, etc. So having said that, below is the list of the Magnificent Seven:

Exercise # 1: Sit-Ups

Primary Target: Upper Abs

Secondary Target: Lower Abs and Obliques

1-Lie flat on your back on the floor with your knees bent and your legs secured under a piece of heavy furniture (I am assuming that you are doing this routine at home).

2-Place your hands on your chest.

3-Flexing your abdominals, raise your torso until you are in nearly a sitting position.

4-Retaining tension on the abs, lower your torso to the beginning position. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

Exercise # 2: Leg Raises

Primary Target: Lower Abs

Secondary Target: Upper Abs and Obliques

1-Lie flat on your back on the floor with your legs straight in front of you.

2-Place your hands at your sides by the floor for support.

3-Flexing your lower abdominals, raise your legs until they are perpendicular to the floor.

4-Retaining tension on the abs, lower your legs to the beginning position. (Note: Maintain full control through-



out the movement. Avoid the temptation to let your legs drop on the negative portion of the movement).

Exercise #3: Lying Leg Raise+Crunch

Primary Target: Upper and Lower Abs

Secondary Target: Obliques

1-Lie flat on your back on the floor with your legs straight in front of you.

2-Place your hands at your sides by the floor for support.

3-Flexing your lower abdominals, raise your legs until they are perpendicular to the floor.

4-At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor.

5-Retaining tension on the abs, lower your legs to the beginning position and then bring your torso to the starting position as well. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

Exercise #4: Knee-Ins

Primary Target: Lower Abs

Secondary Target: Upper Abs and Obliques

1-Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.

2-Keeping your knees together, pull your knees in towards your chest until you can go no farther.

3-Keeping the tension on your lower ab muscles, return to the start position and repeat the movement until you have completed your set.

Exercise #5: V-Ups

Primary Target: Upper and Lower Abs

Secondary Target: Obliques

1-Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.

2-Simultaneously bring your legs up as far as possible while at the same time bringing your torso towards

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them.

3-Return to the start position and repeat the movement until you have completed your set. (Note: This is a modified version of a V-Up. In a true V-Up, your starting position is lying down on the floor and bringing yourself up with no arm support).

Exercise #6: Crunches

Primary Target: Upper Abs

Secondary Target: Lower Abs and Obliques

1-Lie flat on your back on the floor with your legs in front of you bent at the knees.

2-Place your hands on your chest.

3-At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor.

4-Retaining tension on the abs, bring your torso to the starting position. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

Exercise #7: Knee-Ins+Crunch

Primary Target: Upper and Lower Abs

Secondary Target: Obliques

1-Lie flat on your back on the floor with your legs straight in front of you.

2-Place your hands at your sides by the floor for support.

3-Slowly bend your legs at the knees bringing them towards your chest.

4-Once the knees are by your chest, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor.

5-Return your legs to the starting position and bring your torso back to the floor.



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How to Put It Into Action

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Sets, Reps and Rest in Between Sets

Each exercise is to be done for 3 sets each of as many reps as possible. There are many ways to perform this routine. I like to do a superset of exercises 1 and 2, rest 30 seconds, superset 3 and 4, rest 30 seconds, superset 5 & 6, rest 30 seconds and perform exercise 7. After exercise 7, I rest 1 minute and start the sequence again two more times for a total of three sets. This is just the way that I like to do it. You may want to do it in the more traditional way of doing 3 sets for sit-ups (with no more than 60 seconds of rest in between sets) and after those three sets move on to the next exercise etc. It is really up to you. My personal goal is to be able at the end of 12 weeks to do the seven exercises in a big giant set all at once.

Note that this is an advanced abdominal routine. I would not recommend it for absolute beginners. Beginners would be better off just performing 3 exercises out of those seven for just two sets each and a minute of rest in between sets. From there on, start building up endurance and start adding exercises and sets over a period of time.

When to Perform the Routine

Lately I have been doing abs and aerobics (I do my Abs first and then do my aerobics) first thing in the morning and weight training in the afternoon. That way I get to spike up my metabolism twice a day. If you rather do all in one session, then this is the order in which I would do it:

- 1) Abdominal Routine (Great warm up before the weight training session)
- 2) Weight Training
- 3) Aerobics

Frequency

You may perform this routine a minimum of 3 days per week, with the maximum being every day. However, keep in mind that you will not get to see your abs unless you are eating slightly less calories than your body burns; so follow the recommendations for losing fat while retaining muscle.

Modifications

If you cannot do an exercise due to lower back injuries for instance then feel free to substitute it for an exercise that does not bother your back.

If on the other hand, you have a healthy lower back and would like to add a bit of mass to your abs, I would just do the routine three times a week and use some resistance in some of the exercises (like crunches).

Instructions for Quickest Results

Assuming that you are an advanced bodybuilder, the quickest results will come from performing this routine on a daily basis in conjunction with aerobic exercise first thing in the morning.



If you enjoyed the content of this Ebook then I would like to recommend the full BRE system to you. The BRE system takes off where the content of this Ebook finishes and teaches you a complete system for building muscle and burning fat.

It contains full training, dietary and supplementation chapters along with motivation , access to a personal and private members forum where you can ask me questions directly , and a great deal more, including diet planners, and workout sheets you can download to keep track of your progress

I would love to see you as part of the BRE community , where myself and many others discuss and help people with my complete Body Re-Engineering System.

You can find out more about Body Re-Engineering Here
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