

# SUCK IT UP... SIX PACKS

Be realistic. Genetics play a major role when it comes to achieving abs. So don't be discouraged if you feel you can't measure up. Great abdominals go unnoticed if they're covered with a layer or two of fat. In this case, you may need to embark on a calorie reducing diet to trim down.

Regardless of what shape you're in, you can still strengthen your waist muscles. Simply embark on a routine that emphasises the following HIT abdominal cycle designed by BodyTech founder Peter Rana - without the help of Mr Michelangelo.



## SIDE BEND WITH DUMBBELL

**TARGETED BODY PART:** Side of torso

**MUSCLES WORKED:** External and Internal Obliques

**JOINT MOTION:** Spinal lateral flexion

**PERFORMANCE:**

Grasp a dumbbell with either hand, and stand erect with your feet shoulder width apart. Place your free hand on top of your head. Begin by bending toward the side holding the dumbbell to achieve maximum stretch. Return to the top-centre position or slightly

further to the other side. Repeat for maximum repetitions (Muscular Failure or MF). Without delay or resting repeat the exercise holding the dumbbell in the opposite hand. Immediately go to Negative Trunk Curl with partner.

**TRAINING TIPS:**

- Stay in the lateral plane; keep your shoulders square.
- Think of your waist as a hinge. Stand tall; keep your legs stiff and triangular and pivot from your hip.
- Move slowly and deliberately eliminating any momentum; keep the three rep rule in mind.



## NEGATIVE TRUNK CURL WITH PARTNER

**TARGETED BODY PART:** Front of torso

**MUSCLES WORKED:** Rectus Abdominis

**JOINT MOTION:** Spinal flexion

**PERFORMANCE:**

A great exercise if you have weak abdominals. Lie face-up on the floor with heels close to your buttocks. Put the soles of your feet together and allow your knees to fall out and wide. Have your training partner stand over your feet slightly providing side pressure against them. Your partner should pull you by your hands in the fully contracted trunk curl position. Hold the position while your partner adjusts his hands in order to push against your own with slight to moderate pressure as you lower yourself back to the floor. Take a good eight seconds to return to the full contracted position. Repeat between eight and 12 repetitions reaching momentary

muscular failure (MMF). If you cannot perform the minimum number, have your partner reduce his back force. When you can achieve 12 or more repetitions, have your partner provide more resistance to make the exercise harder. Immediately go to Reverse Trunk Curl on floor.

**TRAINING TIPS:**

- Concentrate on reverse curling your head, shoulders and upper back; lowering your upper back and shoulders to the floor ever so slowly.
- Widening your knees reduces involvement of the hip flexors or iliopsoas muscle to isolate and activate more of the Rectus Abdominis muscle.
- Concentrate on pulling (contracting) your abdominal muscles to resist against your partner's resistance.
- If you are not quite up to additional resistance provided by partner, lower yourself instead until you can achieve 12 reps on your own in good form.



### REVERSE TRUNK CURL

**TARGETED BODY PART:** Front of torso

**MUSCLES WORKED:** Rectus Abdominis

**JOINT MOTION:** Hip flexion

**PERFORMANCE:**

Lie on the floor face-up with both hands palms down at the sides of your hips with your knees raised. Curl your hips toward your chest by lifting your hips and lower back off the floor. When lifting your hips, you will need to counterbalance your body by pushing down on the floor with your hands and arms. Remember to pause for a good second in the top position. Lower your hips slowly to the floor keeping good form. Again, remember the three rep rule. Repeat for maximum repetitions. Go immediately to Negative Chin-ups.

**TRAINING TIPS:**

- Concentrate on curling your hips and thighs upward by using your abdominals only as opposed to allowing momentum to reduce the “burden” of effort from your abs.
- Keep your knees tight and close to your chest throughout the exercise.



### NEGATIVE CHIN-UPS

**TARGETED BODY PART:** Front of torso

**MUSCLES WORKED:** Biceps, latissimus dorsi, and rectus abdominis

**JOINT MOTION:** Static contraction for the abs

**PERFORMANCE:**

An incredibly intense exercise for the abdominals providing a final burst to the abs after the three previous exercises. Set up by using a sturdy box or bench to get to the top position of a chin up. With a padded weight belt designed to attach a barbell plate, climb to the top position with your chin over the bar using

an underhand grip, shoulder width apart. Lower yourself in a controlled manner taking eight true seconds to reach the bottom. Without delay, climb back into top position and repeat for maximum repetitions (eight to 12).

**TRAINING TIPS:**

- If you cannot complete a single negative rep over six seconds, eliminate the added weight around your waist.
- Experiment at first, you may need a few attempts to figure out the appropriate weight load to accomplish eight to 12 negative repetitions.
- When you can no longer control your negative repetitions, stop. Stop when the lowering portion is completed in two to three seconds.

### 3 REP RULES

**ONE:** Select a resistance (weight-load) that you can do for a minimum of eight repetitions but no more than 12; making sure that you go to absolute muscular failure (MF). Most importantly, don't simply stop because you've reached a predetermined repetition range. In some instances the resistance may be your own body weight (i.e. trunk).

**TWO:** Eliminate momentum; move in a slow controlled manner by lifting the weight in two seconds and lowering it in four. Where it calls for negative-only repetitions, time the reps for an eight second count.

**THREE:** Take each exercise throughout a full range of motion; no partial repetitions.