

FLAT BELLY FLUSH

Ab Series



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Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the Flat Belly Flush Ab Series Program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the Flat Belly Flush Ab Series, please follow your doctor's orders.

Flat Belly Flush Ab Series

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian.

- **Each circuit lasts just 4 minutes and 40 seconds**
- Perform a circuit up to 4 times per week.
- **I recommend doing the circuit AFTER your regular workout. If you're short on time, you can stack up to 3 circuits in a row for your workout.**
- Do 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance in the real workouts.
 - For example, going for a walk, bike riding, playing with your kids, stretching, etc.
- No matter what your fitness level is, you must drop down to a 3/10 intensity level between intervals.
- Start every workout with this warm-up circuit.

Bodyweight Warm-Up Circuit

Go through the circuit twice before moving on to your workout. There is no scheduled rest between exercises, only rest if you need to.

- Jumping Jacks – 30 reps
- Prisoner Squats – 15 reps
- Pushups or Kneeling Pushups – 10 reps
- Reverse Lunges – 10 reps/leg
- Arm Crosses – 10 reps
- Stick Ups – 10 reps
 - Rest 30 seconds, repeat 1 more time

Flat Belly Flusher

1. Pushup Jacks – 30 seconds
 - Rest 30 seconds
2. Pushup Jacks – 20 seconds
 - Rest 20 seconds
3. Pushup Jacks – 15 seconds
 - Rest 15 seconds
4. Pushup Jacks – 10 seconds
5. Squat Jumps – 30 seconds
 - Rest 30 seconds
6. Squat Jumps – 20 seconds
 - Rest 20 seconds
7. Squat Jumps – 15 seconds
 - Rest 15 seconds
8. Squat Jumps – 10 seconds

Super Flat Belly Flush

1. Crushing Plank – 30 seconds
 - Rest 30 seconds
2. Crushing Plank – 20 seconds
 - Rest 20 seconds
3. Crushing Plank – 15 seconds
 - Rest 15 seconds
4. Crushing Plank – 10 seconds
5. Wall Sprints – 30 seconds
 - Rest 30 seconds
6. Wall Sprints – 20 seconds
 - Rest 20 seconds
7. Wall Sprints – 15 seconds
 - Rest 15 seconds
8. Wall Sprints – 10 seconds

Lean Belly Burn

1. Cross Punch Burpees – 30 seconds
 - Rest 30 seconds
2. Cross Punch Burpees – 20 seconds
 - Rest 20 seconds
3. Cross Punch Burpees – 15 seconds
 - Rest 15 seconds
4. Cross Punch Burpees – 10 seconds
5. Combo Mountain Climbers – 30 seconds
 - Rest 30 seconds
6. Combo Mountain Climbers – 20 seconds
 - Rest 20 seconds
7. Combo Mountain Climbers – 15 seconds
 - Rest 15 seconds
8. Combo Mountain Climbers – 10 seconds

Flat Belly Tighten & Trim

1. Around the World Jumps – 30 seconds
 - Rest 30 seconds
2. Around the World Jumps – 20 seconds
 - Rest 20 seconds
3. Around the World Jumps – 15 seconds
 - Rest 15 seconds
4. Around the World Jumps – 10 seconds
5. Spiderman Climb – 30 seconds
 - Rest 30 seconds
6. Spiderman Climb – 20 seconds
 - Rest 20 seconds
7. Spiderman Climb – 15 seconds
 - Rest 15 seconds
8. Spiderman Climb – 10 seconds

Flat Belly Blaster

1. Frog Jump Burpees – 30 seconds
 - Rest 30 seconds
2. Frog Jump Burpees – 20 seconds
 - Rest 20 seconds
3. Frog Jump Burpees – 15 seconds
 - Rest 15 seconds
4. Frog Jump Burpees – 10 seconds
5. Lying Leg Raises – 30 seconds
 - Rest 30 seconds
6. Lying Leg Raises – 20 seconds
 - Rest 20 seconds
7. Lying Leg Raises – 15 seconds
 - Rest 15 seconds
8. Lying Leg Raises p – 10 seconds

Cardio Abs

1. Bear Crawl – 30 seconds
 - Rest 30 seconds
2. Bear Crawl – 20 seconds
 - Rest 20 seconds
3. Bear Crawl – 15 seconds
 - Rest 15 seconds
4. Bear Crawl – 10 seconds
5. Pop Squats – 30 seconds
 - Rest 30 seconds
6. Pop Squats – 20 seconds
 - Rest 20 seconds
7. Pop Squats – 15 seconds
 - Rest 15 seconds
8. Pop Squats – 10 seconds

Flat Belly Intervals

1. Climb the Mountain – 30 seconds
 - Rest 30 seconds
2. Climb the Mountain – 20 seconds
 - Rest 20 seconds
3. Climb the Mountain – 15 seconds
 - Rest 15 seconds
4. Climb the Mountain – 10 seconds
5. 90% Close Stance Bodyweight Squats – 30 seconds
 - Rest 30 seconds
6. 90% Close Stance Bodyweight Squats – 20 seconds
 - Rest 20 seconds
7. 90% Close Stance Bodyweight Squats – 15 seconds
 - Rest 15 seconds
8. 90% Close Stance Bodyweight Squats – 10 seconds

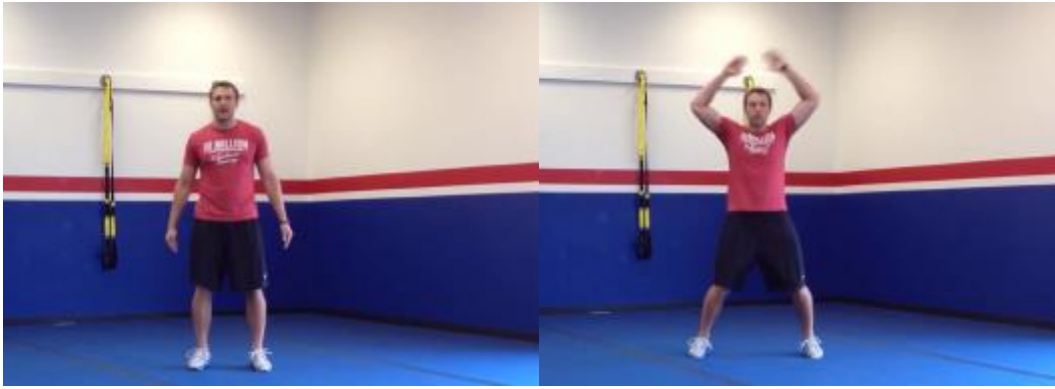
Flat Belly Burpee Madness

1. Mountain Climber Burpees – 30 seconds
 - Rest 30 seconds
2. Mountain Climber Burpees – 20 seconds
 - Rest 20 seconds
3. Mountain Climber Burpees – 15 seconds
 - Rest 15 seconds
4. Mountain Climber Burpees – 10 seconds
5. Half Burpees – 30 seconds
 - Rest 30 seconds
6. Half Burpees – 20 seconds
 - Rest 20 seconds
7. Half Burpees – 15 seconds
 - Rest 15 seconds
8. Half Burpees – 10 seconds

Exercise Guide

Jumping Jacks

- Start with your feet shoulder width apart and your hands at your sides.
- Jump your feet out and raise your arms above your head.
- Jump your feet back in and lower your arms.
- Keep your arms straight at all times.



Prisoner Bodyweight Squats

- Stand with your feet a little wider than shoulder width apart.
- Place your hands behind your head and interlock them together.
- Flex your elbows back, do not let your elbows creep in closer to your head.
- Push your hips backward, like you're sitting back into a chair.
- Squat down as far as possible.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Keep your weight on your heels, explode back up by pushing with your glutes, hamstrings and quadriceps.



Pushups

- Start with your hands slightly wider than shoulder width apart. Brace your abs and contract your glutes, so there's a straight line from your shoulders to your toes.
- In a controlled motion, lower yourself down until you're an inch above the ground.
- Keep your elbows in at a 45 degree angle, do not let them flare out.
- Push yourself back up through your chest, shoulders, and triceps



Reverse Lunges

- Stand with your feet slightly wider than shoulder width apart.
- Take a big step backward with one leg. Keep your front foot stationary.
- Lower your body until your front thigh is parallel to the ground.
- Keep your shoulders square, chest up, back flat and always be looking straight ahead.
- Push back up to the starting position through the heel of your front foot. Alternate legs.



Arm Crosses

- Stand with your feet about shoulder width apart.
- Open your arms up wide.
- Swing them across your body, like you're giving someone a big hug.
- Open your arms back up and repeat.



Stick Ups

- Stand up against a wall. Your back and butt should be touching the wall, while there's a small gap between the wall and your lower back.
- Raise your arms straight up against the wall.
- Slowly lower your arms and bring your elbows down toward your ribs.
- Keep your arms and hands in contact with the wall at all times. Once you can't bring your arms down any further, slowly raise them back up and reach up as high as you can.
- Repeat this process keeping tension on the back at all times.



Pushup Jacks

- Start with your hands slightly wider than shoulder width apart. Brace your abs and contract your glutes, so there's a straight line from your shoulders to your toes.
- In a controlled motion, lower yourself down until you're an inch above the ground.
- Keep your elbows in at a 45 degree angle, do not let them flare out.
- Push yourself back up through your chest, shoulders, and triceps
- Jump your feet out and back in.



Squat Jumps

- Stand with your feet slightly wider than shoulder width apart and your arms straight out.
- Start the movement at the hip joint. Push your hips backward, like you're sitting back into a chair.
- Squat as deep as possible, do not round your lower back.
- From the low squat position, use your glutes, hamstrings and quadriceps to jump up into the air. Land softly and repeat. Keep your torso upright.



Crushing Plank

- Lie on your stomach with your toes and forearms on the ground.
- Raise your body up in a straight line.
- Brace your abs, squeeze your glutes and drive your elbows back toward your groin (don't actually move your elbows), and squeeze your glutes.
- Hold this position for the specified time period.



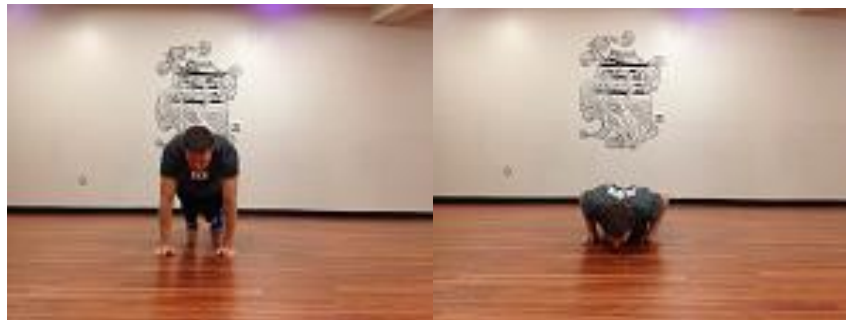
Wall Sprint

- Start with your hands on a wall and your feet shoulder-width apart.
- Keep your hands on the wall while lifting your knees up and sprinting in place.
- Drive your knees up as high as you can while you sprint.
- Each time you drive your right and left knee up – that's 1 rep.



Close Grip Pushups

- Start in the pushup position, with your hands slightly closer than shoulder width apart.
- Brace your abs and lower yourself until you're an inch off the ground.
- Push through your chest, shoulders and triceps back to the starting position.
- Keep your body in a straight line at all times.
- Keep your elbows tucked in against your side.



Wall Squat

- Stand with your feet slightly wider than shoulder width apart, with your back up against the wall.
- Lower yourself down into the squat position.
- Keep your abs braced, back against the wall and hold for the specified time period.



Cross Punch Burpees

- Start with your feet shoulder width apart.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position. Do a pushup and then thrust your feet back in toward your chest.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).
- Use your right hand to punch across your body, then use your left hand to punch across your body.



Combo Mountain Climbers

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Brace your core and keep a straight line from your shoulders to your toes.
- Bring your right knee up toward your chest in a straight line. Then bring your right knee across your body toward your left elbow. Once you're there, bring it back to the starting position.
- Repeat with the other leg. Remember to do this in a slow, controlled motion.
- Keep your body in a straight line, don't let your hips sag or raise up too high.



Cardio Squats

- Stand with your feet a little wider than shoulder width apart.
- Push your hips backward, like you're sitting back into a chair.
- Squat down as far as possible.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Touch your right hand to your left foot.
- On your way up, jump your feet together and then apart.
- For the next repetition, touch your left hand to your right foot.



Dive Bomber Pushups

- Start on your hands and feet, with your body in the shape of a V.
- Lower your head and chest toward the ground, like you're crawling underneath a fence.
- Push through until your hips are close to the ground.
- Then go back underneath the "fence" by pushing your head toward the ground, returning to the starting position.



Around the World Jumps

- Start in the low squat position. Keep your back flat, shoulders square.
- Stay in the low squat position while you jump forward, then to the right, then backward, and finally back to the left.
- You're essentially jumping in a square.
- Maintain the low squat position for the entire exercise.



Spiderman Climb

- Start in a pushup position with your abs braced.
- Pick up one foot off the floor, slowly bring your knee up outside of your shoulder and touch your foot to the floor, near your hand.
- Pause briefly and then return your foot to the starting position, without raising your hips.
- Alternate sides for the specified time period.



Frog Jump Burpees

- Start in a low squat position.
- Jump forward and land softly on your feet.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position. Do a pushup and then thrust your feet back in toward your chest.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).



Lying Leg Raises

- Lay on your back with your legs straight. Place your hands by your side, or underneath your butt – whichever is most comfortable for you.
- Brace your abs and lift your legs up off the ground.
- Lift them as far as you can, then lower them back down.
- Without your feet touching the floor, lift them back up and repeat.



Bear Crawl

- For this exercise, you'll need a 20-30 foot area that you can use for bear crawls.
- Start on one end, with your feet and hands on the ground. Move forward on your hands and feet to get to the other end.
- Turn around and come back.
- Continue bear crawling back and forth. From the starting position to the other end is one rep, so going down and back is considered 2 reps.



Pop Squat

- Stand with your feet a little outside shoulder width apart.
- Squat down, pushing your hips back and keep your weight on your heels.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Explode back up by pushing with your glutes, hamstrings and quadriceps.
- On the way up, jump your feet close together, then immediately jump back out to the starting position.



Climb the Mountain

- This is a condition exercise, similar to running in place.
- Drive your right knee up toward your chest, while also raising your left hand as high as you can.
- Then drive your left knee up toward your chest, while also raising your right hand as high as you can. Keep repeating this in a running motion for the specified time period.



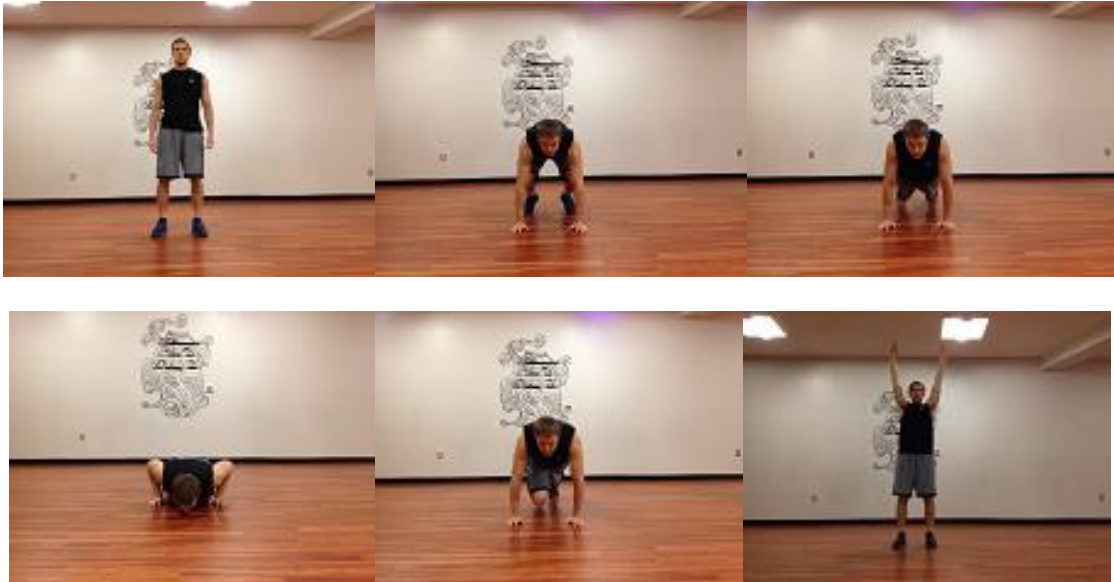
90% Close Stance Bodyweight Squats

- Stand with your feet in a little closer than shoulder width apart.
- Extend your arms out straight in front of you.
- Push your hips backward, like you're sitting back into a chair.
- Squat down as far as possible.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Keep your weight on your heels, explode back up **90% of the way** by pushing with your glutes, hamstrings and quadriceps.



Mountain Climber Burpees

- Start with your feet shoulder width apart.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position.
- Do a pushup, followed by one repetition of the mountain climbers (see description below) and then thrust your feet back in toward your chest.
- Explode back up to the starting position with your arms raised overhead.



Half Burpees

- Start in the low squat position.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position.
- Jump your feet back in and return to the starting position.
- You're only doing the lower portion of the burpee, without the pushup.

