



PERFECT

ABS

Series "Health at any age"

Ideal

Press

Part one At the start

PLAN CREATE ME PERFECT ABDOMINAL PRESS

This book will be your ticket to the world of physical perfection. The object of your efforts is known - the fatty deposits hanging in the front in folds over the waist of your trousers. It is there, under this fat, that muscles are hidden, which are worth working on. These muscles need to be developed and transformed into impenetrable armor in order to gain excellent fitness, posture and lose weight. In addition, you will say goodbye to the fat on your back and waist, it will be much easier for you to pick up boxes from the floor and put your child in the car seat. Your clothes will fit much better and you will be much more attractive to women. As soon as the abdominal muscles have acquired their natural beauty here, you will get that physical

a physically beautiful body, about which she has been dreaming for so long.

You have certainly heard the old adage “long way a thousand miles starts with the first step.” Despite the fact that today a long journey begins with a call to a travel agent or visiting a discount site on the Internet, ancient wisdom has not lost its relevance. Moreover, by taking the first step in the wrong direction, you can lengthen your path to physical perfection much.

Nowadays, magazines publish a wide variety of abdominal training systems every month, television advertises all kinds of exercise equipment, and store shelves are filled with "premium quality" nutritional supplements. All of this is supposedly aimed at saving your figure, but in reality it only creates confusion and prevents you from figuring out exactly how to best shape your perfect abdominals.

The Purpose of the Perfect Abs Program the point is to show you the most correct and shortest path to realizing your dream. The philosophy of this method is to return to a normal and natural way of life. This book will give you solid knowledge and scientifically proven effective methods of training your abdominal muscles. No tricks, technical devices and wonderful transformations. We only promise real results. You will learn the basic principles of exercise and proper nutrition, and acquire skills that you can use throughout your life.

Over the course of six weeks, you will walk this path, taking from 3-5 minutes a day to 3 hours a week. You will start with four simple exercises (three for

abdominal and one for the lower back), which will become the basis for the subsequent series of rather difficult workouts, and three aerobics sessions per week. In addition, you will carefully monitor your diet and diet to ensure that our system is 100% successful.

FOR WHOM THIS IS WRITTEN BOOK?

We have not created this book for professional bodybuilders who spend all their time in gyms. The authors have addressed their work to three main categories of modern men.

Beginning. He already thought that he should go in for fitness, discussed various methods, maybe even bought himself a wonderful nutritional supplement that can get rid of his abdomen in three days, or ordered a simulator via the Internet. However, in reality he never did physical exercises.

Active person. Our program was created not only for those who have never been in the gym. It is also intended for those who lead an active lifestyle, but have not yet found a set of exercises that would suit them. Perhaps he feels that he simply does not have enough time to adjust the exercises to his hectic schedule. Or maybe he just does not feel that he needs a set of special exercises and has not yet noticed that the metabolism has slowed down, and for many years sitting at the table for eight hours a day has been deposited on his waist and lower back.

Disappointed. Finally, this book was written for those who have been training for a while or

(it would be more correct to say) tried to train. However, he was caught in a vicious circle of failure, frequent interruptions, lack of real results, or, even worse, constant decline in fitness levels and weight gain.

WHAT CAN YOU LEARN THANKS TO THIS BOOK

If you belong to one of the types listed above, then with the help of our method for creating a perfect abdominal press, you can reliably and accurately:

- familiarize with the basics of the anatomical structure of the abdominal press;
- learn the correct technique for the most effective training of the abdominal muscles;
- learn strategy planning and methods of goal setting;
- explore ways to motivate to ease to achieve the set goal;
- learn a step by step program from a week to no business;
- learn a set of warm-ups for the abdominal muscles;
- master the cardiovascular system training program;
- appreciate dietary tips that can help you reduce calories in the diet;
- correctly perform exercises for the lower back, which together with abdominal exercises will help you build a strong muscle framework;
- learn difficult exercises.

We have divided the book into four main parts. The first debunks the main myths and speculations about all possible miraculous methods. It will help you find deep motivation for your entire fitness program. The second part contains principles and methods of safe and effective abdominal muscle training. In the third, the main training program is described in detail, a progressive progressive mode of training, which is specially designed in order to most fully and correctly develop the abdominal muscles. The fourth part shows how to maintain the results obtained, maintain and improve your physical shape.

Before starting classes, we recommend reading the first two parts of the book. If you are impatient to start training as soon as possible, you can study the book as you practice. However, it is imperative to read all chapters as they contain very important information for you.

TRUE ABOUT THE METHOD

Earlier Ernest Hemingway said: "The best reason to tell the truth is that it is easiest to remember."

That is why we chose the easiest path and honestly, there is no awesome quick way to turn your belly fat into the right rows of steel-hard muscle. However, there is a slow but sure way to achieve this goal, which we offer you.

Use our method and you will have beautiful abdominal muscles for a long time.

The main program offers basic exercises that you can use throughout your life. You can only work on an enhanced program, or, if it has become too difficult, return to the very beginning of the training course.

You will get a bulging abdominals when you build enough muscle mass and lose enough fat. It is possible that you will not be able to achieve this in the six weeks for which the main program is designed. However, you will never achieve this if you quit exercising and stop dieting.

And now - get down to business!

NECESSARY I INFORMATION

450 grams of fat contains 3,500 calories.

There are 570 calories in a McDonald's Big Mac.

20 supine torso lifts burn approximately 9 calories.

In other words, a few minutes of abdominal exercise cannot rid you of the fat that has accumulated over the years. in your body. In addition, if you follow a diet, you will have to give up many familiar foods. We have mentioned the Big Mac just for the sake of example. A hot dog bought on the street, or a pizza and beer that you gave yourself up on Friday night poker can wipe out weeks of focused abdominal workout.

I am not saying all this to scare you away. You just have to be clear about some things related to the upcoming workouts. So, you need to firmly understand that the exercises themselves that you perform to strengthen the muscles

abdominal muscles will not be able to significantly reduce the body fat around your waist.

I would like to hope that you already know this, but each new miraculous simulator makes many people forget this simple truth.

CULT OF THE ABDOMINAL PRESS

Carved from marble or cast from bronze, the abdominals have been the idealized embodiment of masculine strength throughout history. This is reflected in the ancient Greek and ancient non-Roman statues of gods, heroes and emperors. During the Renaissance, Michelangelo embodied the perfect abdominal muscles in the sculpture of David that made him immortal. A more modern incarnation appeared in the 1990s in Calvin Klein's underwear for men. Today muscles in general and abdominal muscles in particular are an undeniable symbol of position in society. Images of the washboard-like press have filled commercial health programs, movie films, and fashion magazine covers. This ideal is firmly entrenched in the minds of all men who crave for a prominent abdominals.

Men with perfect abs became the same unattainable ideal as the chiseled figures of supermodel women. Guys flock to gyms, buy special belts, hire personal trainers, and continue to generate billions of dollars in profits for the industry, confident that a single exercise, machine, or new protein supplement will provide them with bulging abdominal muscles.

No one wants to notice the obvious - lying on the surface the truth about icons with perfect abs. And the truth is this:

- the model includes people who are genetically programmed with the ideal shape of the abdominal press. Without this, they would never have become photo models (or at least would not advertise such products);
- the work of the model is in maintaining perfect physical shape. They could never have been able to work in your office. In turn, no one expects from you that you will demonstrate your abs in front of the lenses of television and cameras;
- you only see images of models at their peak, which they reach especially for filming. None of these guys walk with a similar press throughout the year;
- on the days before shooting, the models consume unhealthy drugs with a high protein content and are on a strict low-carbohydrate diet;
- they often use as dopes ephedrine and caffeine to speed up the metabolism and melt the last residues of fat in the waist. And that's just for beginners. This is followed by amphetamines, diuretics, steroids, somatotropins - everything that forms muscle tissue, burns fat and removes water from the body. Of course, this is not advertised;
- press images in photos and in commercials, it is nothing more than an illusion created by experienced cameramen using lighting and retouching tricks. Special graphic

- computer programs are able to process a picture beyond recognition;
- and do not forget that the models suck in the stomach and are removed as you exhale.

NATURE VS FASHION

Enough about models with perfect abs. Let's talk about you better.

Like any normal man, you are prone to accumulation of fatty deposits in the waist area. Fat cells are formed there first and disappear last.

This is the reason for the disappointment of many men, who, after dieting and exercising in the gym, find that their face has lost much more weight than their belly. The guys, whose cheeks are so sunken that their appearance evokes associations with a concentration camp, have not been able to significantly reduce the size of their waist.

The second half of the equation is much more brutal: when you gain weight again, the extra pounds are stored primarily on your waist.

However, not everything is as bad and sad as it might seem at first glance.

Of course, nature has ordered in such a way that it is on the waist that fat deposits are formed, but one should not forget and that fat is stored energy that your body is happy to use whenever the need arises. He helped our distant ancestors to survive during the long search for food and overcoming long distances.

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Under the microscope, the fat cells appear the same whether they are on the waist, thighs, or big toe. However, our body uses them differently.

The male body tends to accumulate fat in the upper parts of the body, mainly around the waist and chest. This accumulation is called visceral or trunk fat and forms an apple-shaped figure. (The opposite is the shape of the pear, where fat accumulates mainly on the thighs and buttocks, which is more common in women.)

Belly fat is actively involved in metabolism, that is, it is always ready to provide you with the right amount of energy when you need it. Apparently at your waist release fat to walk from Boston to Atlanta. With a few stops, you could walk to Miami. In comparison, your muscles and liver release sugar-based energy, which would only be enough for a 10-11 km jog.

Unlike the male body, the female body accumulates fat around the pelvis and thighs, and there is a good reason for this. Body fat ensures that the embryo in the womb or nursing infant is nourished before the men return from the hunt.

After, As the hairy monster was eaten, the men re-formed fatty deposits around the body, which remained even when the fat on other parts of the body had already been used up by the body. However, since belly fat is a source of energy, most men, including you, are but they can get rid of it when help long persistent friction rocking.

If the fat cells are not used and are firmly stuck to your body, you will have to say goodbye to good health. Abdominal obesity can cause a whole bunch of deadly health problems, including high blood pressure, high levels of insulin, blood sugar, and cholesterol.

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rina. Belly fat is directly related with the development of diabetes, heart disease and heart attack.

How to find out how big the deviation is fat around your waist? Measure and calculate the ratio of your hips to your waist. Measure your waist at navel level. Then measure your pelvis. Divide your waist size by your hip size. The mortality rate among men with hip-to-waist ratios over 1.0 is twice as high as that of men with a ratio lower

0.85. The risk of death from heart attack in men with a ratio of more than 0.98 is 2.3 times higher than in men with a ratio below 0.89.

there is An even easier way to determine the degree of risk is the size of your waist itself. If it is more than 100 cm, then your weight is clearly above normal. If the size exceeds 115 cm, you are at very serious risk. Before you ditch your abdominal workout in favor of sitting in a chair in front of the TV, think back to the days when women still liked you.

MYTHS AND FACTS

There is no doubt that exercise can help you shed belly fat. and build up your abdominal muscles. There is a wealth of information about which types of exercise are most effective. We will list some of the most common misconceptions, explaining how things really are.

Myth. Doing abdominal exercises will remove fat from your waist.

Reality. This is physiologically impossible. At the beginning of this chapter, we already wrote about this property of fat, but now we will illustrate this point with a specific example. Imagine a tennis player. If he's right-handed, his right hand has more of us-

muscle mass, since it is constantly working with a tennis racket. The left hand will be thinner and less developed, but it will not have more fat on it than on the right one. The point is that exercise burns fat systematically, according to patterns established by human anatomy and individual genetics. Exercising only one specific part of the body will not be able to remove fat from that particular area.

Myth. Hundreds of torso lifts required lying down to keep your abdominal muscles in good shape.

Reality. Abdominal muscles - the same muscles. Therefore, they don't respond to hundreds of reps better than your biceps or pecs. Just as you wouldn't do more than 15 repetitions of an arm curl to train your biceps, you shouldn't do it to build and maintain your abs.

If you can easily do 15 repetitions of one of the abdominal exercises, you should either change the complex or make it so that it becomes more difficult to perform this exercise. Otherwise, you will make your muscles more resilient, but you will not be able to increase them to the required size. And size is exactly what makes our muscles look athletic, whether it's biceps or abdominals.

Myth. Any sports activity provides the abdominal press with a sufficient degree of training.

Reality. Systematic training and developing your abdominal muscles can significantly improve your athletic performance.

In chapter 13 we will talk about this in more detail, describing a special set of exercises for the abdominal

the leg press for those involved in sports. In the meantime, you should have in mind, most sports require your abs to have the necessary strength, flexibility, and the ability to handle high loads. Training this muscle group in the gym will make you feel more confident in any sport.

Imagine baseball player Mark McGuire at first base. He flexes his abs while waiting for service to throw the ball to home base. The press will help him move quickly and have time to hit the ball if it flies past him. After the ball is sent to shortstop, he will have to use his abdominals again to catch the pass from center and overtake the opponent.

When McGuire hits the ball, the muscles his abdominals must act in coordination with his legs, pelvis, shoulders and arms. This will allow him to rotate his body to send the ball where it should go.

Strengthening and by developing this muscle group in training, Big Mac is confident that they will not let him down when he needs them to work without fail. Remember that even professional athletes are constantly fighting for their waist. As you know, the most common sports injuries are abdominal and lower back injuries.

Myth. The abdominal muscles need to be trained daily.

Reality. Three times per week - limit the number of workouts. Of course, the abdominal muscles are more designed to work for endurance than for a sharp overcoming of any strong loads. Their first task is to support

keeping your posture. This means that they must be able to be tense for many hours every day. However, like all other muscles, the abdominals are made up of two types of muscle fibers. Some contract quickly, others slowly. Muscle fibers that contract quickly allow for sharp efforts and easily increase in size under the influence of training. When you do abdominal exercise, these are the fibers you are developing. After exertion, they need rest to recover. Therefore, you need to wait at least one day to allow this type of muscle to recover. This is why breaks between workouts are needed.

Myth. Developing the abdominal muscles can be limited to performing exercises designed only for him.

Reality. In principle, this is possible. However, with the help of aerobics and adherence to a diet, you will achieve the desired result much faster. Aerobics is one of the best ways to burn extra calories in order to break up the fat that hides your muscles. In addition, you should strictly adhere to your diet and control the amount of calories consumed, otherwise fatty deposits may reappear. Solid, well-developed abdominal muscles are not impressive unless they are visible due to the subcutaneous fat on your abdomen and waist.

CONVERSATION IN ESSENCE

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I can tell you all day about abdominal workout, showing hundreds of exercises, and explaining many programs and systems. However, all this will not make any sense if you do not strictly follow the program. You must be consistent. After exercising for a month, then quitting and resuming after a few weeks, you will not achieve what you want. effect.

That is why this chapter I devoted entirely to developing motivation. Here you will find strategies and methods that will help you achieve your desired goal, strengthen your determination and overcome the difficulties that you will inevitably meet along the way.

LOVE TO THE GAME

When you first start practicing, you see your body as a kind of goal, which lies, as it were, outside of you. and can be fixed by mech-

in a natural way. You are simply doing a specific exercise for a specific muscle group, and hope you end up looking like the cover guy.

However, whoever is engaged for quite some time and really knows what results to expect from training, approaches his body in a completely different way. He knows exactly how to use physical activity in order to get the incomparable pleasure of the release of endorphins. The athlete feels great pleasure when his muscles are completely filled with blood.

During training, you need to concentrate. For many, this helps to distract from daily problems: exercise can be a real salvation after a hard day of work full of phone calls and documents sent by e-mail. Others enjoy the achievement of their goals and self-discipline, which makes them go to training early in the morning, when all “normal” people are still asleep.

For many athletes, the greatest pleasure they deliver is a wave of testosterone, which overwhelms them during the battle with a stubborn enemy. The best illustration of this phenomenon is Michael Jordan. Today, most athletes sign contracts that strictly limit the number of training sessions and prohibit them from doing more than the prescribed time. After all, if a player is injured during training, his team will suffer multimillion-dollar losses. However, Jordan has such a strong love for the game that a special

ny point on which he can play basketball ball anytime, anywhere. Jordan's need for play is so great that he was willing to take the risk of being injured, but he could not give up this heady feeling of enjoying his own physical strength and skill.

Regardless of what kind of sport you play, you will no longer be able to give up an active lifestyle.

But how do you go the long way from a sedentary martyr to a trained, active man? If you are reading this book, then most likely you have never felt the need.in any kind of physical activity. And even when they tried to do at least some physical exercise, they felt much better after they finished, because they finished the strenuous and tiring work. At the end of the day, you would return to the refrigerator, gorge yourself and sit in front of the TV, wanting to make up for lost time in such a short and not so successful foray into the gym.

Below are six strategies to help you get started in fitness and keep you motivated until you have a "love of the game".

СТРАТЕГИЯ № 1

STATEMENT GOALS

Your goals should be clearly defined and are realistically achievable. The premise “I want to get pumped” cannot be considered a worthy goal. To turn this dream into a real goal, you must define exactly what exactly is meant by

vom "pumped up." It is possible that all you really want to do is cut your waist circumference by a few centimeters. Write it down on a piece of paper, hang it in a prominent place and strive to make this goal a reality.

For best results, divide your goal into short-term, transitional goals. and long urgent.

Short term goal. If you are doing In the main program, your goal may be: "I want to accustom myself to a regular training regimen that includes abdominal exercises, cardiovascular training and diet."

Intermediate goal. „I want to reset weight and bring your pants size to 34 next year. "After that, measure your waist once a week and record the results.

Long term goal. „I want to become like a guy from the cover of a magazine. "Stick the photo you like so much on the fridge or closet in the gym locker room. Once every few months, take a photo in the same position and compare how close you are to your ideal.

In addition, in order to achieve short-term, intermediate and long-term goals, you should also set yourself small goals for each day. You must slowly and gradually move towards your goals. To do this, every day you need to make some effort and follow the diet.

- Should be consumed eat only low-calorie foods. If you cut back on your diet

500 calories a day, you will lose about 400 g of weight every week.

- You need to determine exactly how many reps of each exercise you want to do.
- Determine for yourself how many minutes you do aerobics.
- Congratulate yourself after reaching your daily goals.

All of this may seem overwhelming, but you must follow our directions exactly. Read the labeling carefully and only buy low-calorie foods. Give yourself a little more stress at each workout than you did the last time. Force yourself to keep a workout diary - women like guys who keep diaries.

To be honest, if you were happy with a life of quiet despair, you would never buy this book. Remember that every time you reach your small daily goal, you bring yourself closer to the intended ideal.

СТРАТЕГИЯ № 2

DETERMINE THE ENEMY

Homeostasis is our main enemy. It regulates the physiological system of your body and maintains the status quo in it. At the very beginning of the training program, your body will desperately resist any change, using various physical defenses against overexertion.

Your body sees a sudden increase in load as a threat to its energy reserves.

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Sometimes the most important the obstacle to creating the perfect figure is your mood. Before you lose those extra pounds, you will most likely have to reverse your negative attitude.to sports.

Many men lead the wrong way of life, knowing full well that by doing so they are destroying their bodies and driving themselves into the grave ahead of time. Instead of changing their lifestyle, they come up with little convincing reasons why they should supposedly abandon the program for the development of abdominal muscles. Not becomecurl one of them.

Here Here are some typical excuses you might use to cover up your laziness, and the answers to them that will help you you can overcome it.

Justification. „Why do I need muscles if I sit at the table all day and knock on the keyboard "

True. „Long-term sitting at the table is detrimental to my back. Exercises to develop the abdomen and lower back will strengthen it, improve posture, and be much more comfortable for me.her to work. "

Justification. "I can achieve much more in life if I spend time on a career, not on exercise. "

true... "Nowadays people are judged by their appearance. If I am in bad shape, my boss nickname will think that I am undisciplined and cannot be held responsiblenye posts ".

Justification. „I just don't enough is enough forces for all this. "

True. "Ultimately, fitness will give me more physical vitality. "

gia, hormonal balance, temperature, immune system and blood sugar levels. This reaction will affect muscles, nerve cells and temporarily limit your strength. An overloaded cardiovascular system will immediately make you feel tired. For the first few days after exercise, you will feel sore and overwhelmed.

The main part of the program will help you break down your physical defenses because according to our method, the load on the muscles will increase slowly and gradually. This will not only prevent possible injury, but it will also help you suppress your body's rebellion.

СТРАТЕГИЯ № 3

USE SUPPORT ENVIRONMENTAL

When you start practicing, your friends and the family can either help or harm you. If your wife supports you in getting started with training right from the start, that will be great. However, it is quite possible that the spouse will soon change her mind. Your wife may be unhappy with the fact that you devote less time to her, that you are less likely to be at home, and she may fear that you will become more independent in making decisions.

Your friends also don't want to lose in your face as a friend, with whom you can drink a couple of bottles of beer, watching on TV the exit of your favorite team to the semifinals.

Regardless, there are ways to convince them to take your side.

Try to convince your wife or girlfriend when connecting to you. Even if she doesn't want to do abdominal exercises, she can do it together. with you about running or cycling.

Calm down your family. If exercise really distracts you from your family, try to probably do it later. If on Sunday morning you go for a run, do something for your family that day, spend more time with them than usual.

Invite buddies to your gym instead of the bar. You can then support their feast, but opt for low-fat snacks and non-alcoholic beer.

Find yourself a training partner. A buddy will help you get started on your exercise program. This awakens a sense of responsibility in you - if you start training, you will not only harm yourself, but also let your partner down.

Make a bet. If you are a gambler, make a bet with your friends and colleagues that you can quickly lose 5 kg or reduce your waist by 3 cm, run 10 km or increase the number of push-ups from the floor.

СТРАТЕГИЯ № 4

DO YOURSELF

Every normal person from time to time skips workouts or does not give all the best on them. Nobody's perfect. However, these on blazhki need to be controlled.

Plan breaks. After months of careful fulfillment of all instructions and exercises,

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1. **You must learn the correct technique for performing the exercise.** Outside dependence on Togo, what you do - doing abdominal exercises, playing tennis, lifting weights - it is imperative to do it technically correctly. Scrupulously following the instructions will keep you safe from injury and ensure success.
2. **You have to allow your body to regenerate.** it means eating right, drinking enough fluids, and sleeping well. Most men need a minimum of 7 hours of sleep, and someeeye - and all 9.
3. **You must constantly increase the load.** Without this will not improve your figure.
4. **You must train constantly.** This does not mean that you cannot take breaks. However, if you really want to get the results you want, you need to stick to the program and not make large gaps betweenoccupations.

5. **You must be confident that you can achieve your goal.** If you don't believe it, you don't get to the end.
6. **You must learn from their mistakes.** Most newbies They either do too many exercises or do them incorrectly, and thus bring only harm to themselves. In addition, they may choose the wrong training program, as a result of which they begin to develop completely different muscle groups, which should have been increased to increase. A mistake is not a reason to quit training, but awaters change your goals and methods.
7. **You have to encourage yourself.** Exercises can turn into joyless monotonous work if you do not celebrate your successes. After a week or month of successful training, buy yourself a new CD or dine at your favorite restaurant. Reduce your waist by as much as 8 cm and reward yourself with somethingmore essential.
8. **You must fully concentrate on training.**

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rocking. If In the midst of class, you drop everything and run to the phone, let your kids distract you during exercise or watch TV in between exercises, you simply cannot focus on doing the program correctly. Without concentration, you will not be able to exercise at the desired intensity, and without this you will never reach your goal.

9. You shouldn't loop hang out. It is possible to develop perfect muscles abdominal muscles are genetically impossible for you. In addition, your musculoskeletal system may not be capable of the heavy loads required to achieve the ideal. Your body is always ready to surprise you, so be prepared for a timely change in the training program and staging moreother goals.

10. ... You must be patient.Can happen that expected changes on the way to the ideal will come more and more slowly after the quickly achieved first results.

There are cases where it takes a long time for the first major changes to appear. Of course, the lack of real results can anger anyone. But you must remember that no one can predict how his body will react to the load. You need to bide your time and allow your body to express itself in response to exercise. And in conclusion, although it's ruining has biblical symmetry, 11th for lead.

eleven ... Don't expect your body to be perfect.Exercise is the process of improving your body under the influence of stress and providing an opportunity to achieve new goals. However, you should not expect that the moment will come when your body will become perfect. Every time there will be something that will require attention and need training. See your body as an object of long-term, life-long effort that will bring you both joy and disappointment. Enjoy every step of thiswork.

you can once allow yourself to do nothing a week and eat whatever you want. Of course, in case you are trying to lose weight, the calories eaten that day will not disappear as if by magic. However, you will enjoy your workout much more knowing that the day will come when you can allow yourself to relax.

Pause. Imagine that you left on the trip and for four days completely forgot about the training program: do not exercise, overeat, get drunk every evening. When you feel that you have completely slowed down your progress towards the goal, do not say to yourself: "That's it, I have returned to where I started and will never be in sports form again." Just go back to the gym. The more you do the program, the faster your body will recover after a business trip.

СТРАТЕГИЯ № 5

VARIETY YOUR TRAINING

There is an understandable reason why an exercise program is often called a complex. The point is, it's a habit, something that you repeat over and over again. However, physical exercise is not like a ritual of brushing your teeth: you cannot do the same exercise and get the expected results.

Athletes (or at least their coaches) know this very well. and strive to diversify their training plans, and instead of doing one exercise for a certain time each day, they constantly change the type of load. They either focus on developing strength,

either pump up muscle mass, or workover increasing speed, endurance and agility. Based on this, your individual training program can and should be changed regularly. Knowing that you are about to do something different will give you a lot more enthusiasm during your workout than the habitual repetition of boring, their exercises.

This is why our abdominal development program is based on diversity. At each stage, you will add new elements to your workouts.

СТРАТЕГИЯ № 6

MAKE BREATHING

Hope you get it all by now and imbued with the general idea. However, this is just as difficult as it is difficult to believe that a man who began to exercise and achieved the first results seems to be from further studies. This step will cost him dearly, as he worked hard for three weeks without missing a single day.

During this time he did not make himself a single day off. However, too much work can be a problem. Your body can become overworked and overwhelmed if you don't give it enough time to recover. Even if you are not doing too hard, rest should be planned in your program anyway.

- At least one time abstain from exercise for one day a week.

- Never do with weights more than 3 times a week, exercising according to the method described in chapter 14. Always take a break between workouts for at least one day.
- Every 6-8 weeks, do a free week. Do not exercise while maintaining your fitness by walking, cycling, or jogging.

HOW TO TRAIN YOUR MIND

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The main goal of our ideology program abdominal muscles - to teach you how to do the exercises correctly, do all the movements correctly during training, combine exercises with aerobics and build your own program for further training in the formation of a muscular body, which you can rightfully be proud of. To learn how to do the exercises correctly, you must train your mind in the same way. as well as the body.

When a professional athlete achieves a complete fusion of strength, mind and body, sports commentators say that he is "in the zone."

There is another expression describing this phenomenon, - "state of flow." This means that the athlete was able to concentrate all forces and thoughts on the game and gives all the best, acting automatically. You too can learn this concentration to make your training more productive.

AS REACH STATE OF FLOW

In his book *Flow: The Psychology of Optimal Experience*, psychologist Michael Csikszentmihalyi highlighted the elements that lead to the state of what he called flow. As a professor at Chi Kag University, he interviewed hundreds of people from all walks of life: athletes, workers, middle-class and the upper class, as well as people who have gone through serious trouble. The purpose of his research was to identify the elements by which a person enters a state of flow. Csikszentmihalyi's book clearly showed that the wealth and happiness of our life determine two main things: how you focused your attention, and the degree of that attention.

You can greatly increase the quality of your workouts and get much more pleasure from them by consciously focusing your attention on a specific task. Below are some of the key elements of achieving flow to help you with your abdominal workouts.

First element. Stimulating activity that requires a specific skill. Stream includes into skills that are constantly improving in the process of training. The key to a successful training program is correct exercise technique. Force yourself to focus solely on the correct movement. The basic program will quickly take you from the simplest movements to the more complex muscle training methods. We did not create this program to make you feel awkward and clumsy. We want you to force your body to be ready for all the difficulties associated with this complex. AT

this and is a creative approach to performing exercises for the development of the abdominal press. Of course, working on developing the press cannot be compared to playing Reggie Miller or Pete Sampras, but this is your sport and your particular case. Strive for the highest level of exercise performance.

Second element. Merging motion and understanding. If you want to achieve flow state, then you cannot they just shut off and mindlessly do the exercise. You must focus all the forces of your mind to understand exactly what and how you are doing. This stimulates the work on the abdominal muscles, since your training is not as exciting as, for example, tennis or basketball, where there is a real opponent and the situation on the field is constantly changing, which serves as additional powerful stimuli. You should look at this as training your focus. During the session, you should concentrate on the abdominals. It means focusing 100 percent of your focus on the muscle you are training At the moment. If you are training your lower abdominal muscles, think only of them, feel them as you move, and focus on the exercise. This greatly improves understanding of movement, helping to isolate the muscles you want to develop and reduce the involvement of neighboring muscles.

Every rep, every set and every workout must be done at that level of quality. This may seem overwhelming, but it is the only guaranteed way to achieve your goal. Anything can be achieved only by concentrating mental and physical energy.

Third element. Clear goals and feedback. Stream requires activities to be limited by rules that clarify your goals and provide feedback. For example, in tennis, you know that you hit the serve correctly if the ball landed on the line, and you hit it badly if the ball went out of the field. The main program provides you with this element by setting clear goals for each level.

The fourth element. The paradox of control. The state of flow is a changing activity that cannot be completely brought under your control, even when you reach in their occupations of a fairly high level. For example, in ski slalom, falling can be very stimulating. It is interesting to play tennis with an opponent who is stronger than you. To apply this to your abdominal workout, don't get hung up on getting the desired result and focus on the process itself. Be calm about temporary setbacks, don't get discouraged, and strive to maximize your potential. Give your best in training and accept that you can't always influence your results.

The fifth Element. Refusal of self-criticism. You must give up destructive self-reflection. Do not judge how you do the exercise while you are doing it. Concentrate on the exercise itself, try to do it as best you can and give your best, and do not engage in self-analysis and self-criticism. If you miss a workout, do not see it as ruining your entire lesson plan and showing weakness. Look at it from the other side: for the next training

You will have more strength and energy in training, which is undoubtedly a positive factor.

Remember: even a union in itself all the elements does not mean automatically reaching the state of the flow. If you think that you just have to sit down a couple of times, and you immediately, as if by magic, will be "in the zone", then you are deeply mistaken.

Professional athletes who have mastered these elements for a long time go to the state of flow from game to game, from competition to competition, from victory to victory. You will have to do a lot of workouts, many reps and sets of exercises before you can get into the flow.

SIGHT TO THE FUTURE

Among other things, in order to achieve the desired results, you must be completely focused on the end goal. To build the kind of abs that you see in your dreams, you need to get yourself a clear picture of how the name is but it should look like. This ideal representation could be based on a photo from a magazine, what you looked like when you were a member of your college sports team, or the appearance of the men you saw on the beach. It is not so important what will serve as a model, it is important that you have a clear idea of what your abdominals should look like.

The creation of this image is called rendering. A consciously formed vision will go a long way toward helping you achieve your goal.

Most of the world famous athletes use this method. In principle, athletes have been using visualization long before

the word itself. Before every blowin golf, Jack Nicklaus mentally imagines his trajectory. Divers, ballerinas, and gymnasts use carefully crafted mental models.

Following the most successful athletes, prosperous businessmen to facilitate They also use some form of visualization to achieve their goals. In fact, successful people in all walks of life usually use some form of mental image creation, and we all do the same when we imagine the future: a new car, a big house outside the city. The main feature of this skill is that it works great for both a professional athlete and a beginner.

The study of basketball throws clearly demonstrated the effectiveness of this method. A group of men who spent on 20 minutes per day for 20 days on visualization and did not throw the ball, increased the number of hits in the basket by 23 percent in comparison with the results before the start of the experiment. The data almost matched that of the second group, which actually threw the ball for 20 minutes and 20 days. In the second group, the number of hits increased by 24 percent. Members of the third group, who did not visualize or exercise, did not show any improvement in their performance.

The reasons why visualization has this amazing effect are simple. Your brain is not it is possible to draw the line between the real event and the supposed one. Therefore, using your imagination, you can create positive experiences that improve both your self-image and your real-life skills.

AS MAKE THE LOOK TO WORK

There are several techniques to help you make your abdominal imaging as effective as possible.

Be honest yourself with myself. It is important to the image you created was as close to reality as possible. Let it match both your genetic type and your abilities. This should be such an image in which you could believe with every cell of your body, that is, it is really achievable.

Pay due attention to detail. Make the image of your ideal abdominals as detailed as possible. The brighter there will be visualization, the more efficiently it will work. Think carefully about every muscle layer, every line, every abdominal line. Imagine rolling your muscles under tanned skin. Imagine that you are straining them while doing the exercise. Imagine what your friends will say and what pleasure your beloved will experience. Think about how many women will look after you with delight.

Build confidence in itself. Your visualization should also include emotional enhancement. Feel Increased Confidence in yourself, which will additionally stimulate you to achieve your goal.

Be consistent. You should imagine the created image every day, and not from time to time. Train your mind in the same way as muscles. However, don't get hung up on a particular way. It is quite possible that over time the ideal picture can change, develop, become clearer as it approaches the goal.

Part Two Basic Exercise

A LITTLE PHYSIOLOGY

D

In order to properly develop your abdominal muscles, you do not have to become curl as an expert in the field of anatomy and physiology, but it is necessary to get basic knowledge about this. To exercise properly, you need to at least visualize the object of your effort. In this chapter, we will explain what muscles the abdominals are made of and how they work. You don't need to be a medical doctor to understand this.

YOUR MUSCLES

The rectus abdominis muscle (rectus abdominis). These muscles pull your ribcage to your pelvis as you lift your torso while lying down and your pelvis to your torso as you lift your bent legs while lying down.

When people talk about the muscles of the abdominal press, they mean this very muscle, which stretches out in a mighty layer from the pubic bone to the chest. In men with developed abdominal press, the upper

The lower section of the muscle forms six beautiful rectangles, arranged in pairs. The lower section is the so-called flat stomach. However, the term upper and the lower sections are not entirely accurate, since we are talking about the same muscle - rectus abdominis:

However, the sensation of lifting

Lying torso moves (when training the upper part of the muscle, divided into segments) are different from what you experience when you lift the bent legs while lying (to work on its lower flat part). Therefore, you can feel free to use these terms, as they help us to more accurately explain the training method.

It should be noted that the structure of the upper section is purely individual, therefore, instead of the usual six rectangles you can have four or even eight. Such differences are due to genetics. It may also turn out that even six segments of the upper part of the press are located asymmetrically, that is, the rectangles on one side may be higher than on the other. This is possible if your rectus abdominis muscle is oddly structured.

In any case, you can be congratulated: you have achieved very significant success, you have excellent athletic form, fat has disappeared from your belly and long-awaited muscles have emerged.



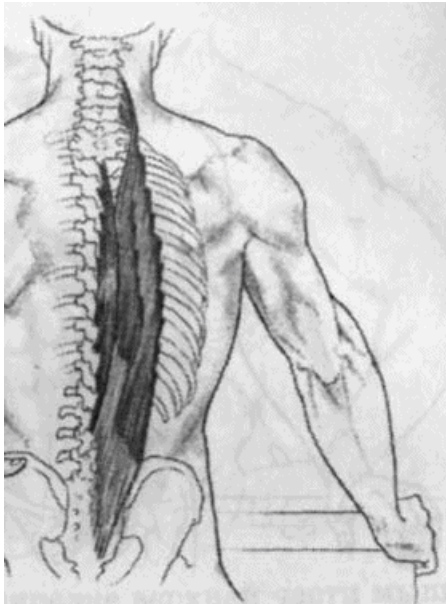
External and internal skeletal muscles of the abdomen. These muscles rotate your body at the waist during the rotation and straighten it when bending to the sides.

The oblique muscles of the abdomen are attached to the upper part of the pelvis and rowed

not the pubic bone, and at the top they reach the ribs below the chest. They adjoin the rectus abdominis and serratus anterior, which cover the outer surface of the ribs.

Aesthetically, the oblique abdominis muscles accentuate and highlight the rectus abdominis muscle, contouring your trunk from the pelvis to the chest. Functionally, the oblique muscles of the abdomen play a critical role in those sports where rotational movements of the waist are needed - baseball, golf, hockey, and others.

The internal oblique muscle is located below the externalny oblique and runs diagonally in the opposite direction. It not only helps to rotate the torso, but also keeps the torso upright. Internal long muscles of the back. These muscles, located in the lower back, straighten your body from a forward bend, belay the athlete at the waist when turning and support spinal column.



Of

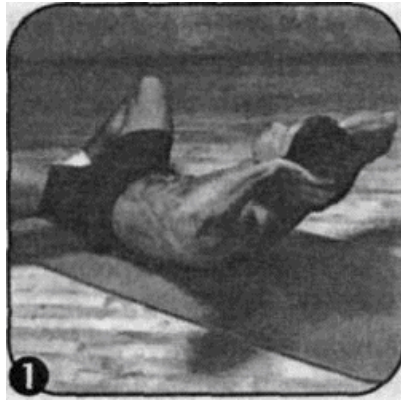
course, no one starts a workout program with the expectation of improving this muscle group, but they are important for improving your health. and well-being. After spending the whole day at the table, these muscles are weakened, as a result of which the connective tissues in the lower back are sagging ^ Because of this, gathering Domo, you feel discomfort. Strengthening the bottom th back with the simultaneous development of the abdominals will improve your posture. You will be much more comfortable sitting and will leave you feeling tired at the end of the working day.

MECHANISM OF BODY MOVEMENT

The success of the exercise depends on your sense of movement. If you don't know what exactly you should feel, you just perform the movement, but never make the muscles you train work.with full dedication. Therefore, there are specific abdominal and lower back exercises that will help you get the most out of your workouts.

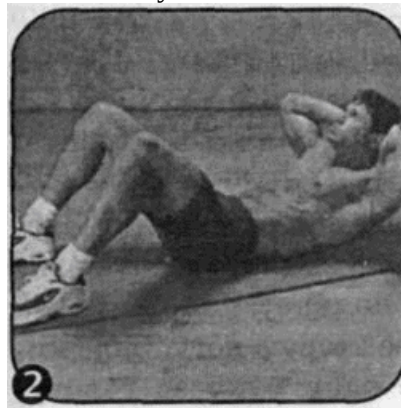
Upper abdomen

Exercise type. When doing a lying torso lift, you make two basic movements, forcing



work the upper abdomen: bring your shoulders forward (1) and move your chest to your hips (2).

What should you feel. During this exercise, you should only feel muscle tension below your chest.



How to feel it. While sitting, try to move your ribcage to the navel without leaning forward.

Lower abdomen



Exercise

type. The lower section can be made to work by lifting up the closed legs. At the same time, lift the pelvis up by moving him to the chest (3).

what you have to feel. While doing the lower abdominal exercise, you should feel the tension in the muscles below the navel.

How to feel it. Imagine that you are a male striptease dancer. (Make sure you are alone in the room, the curtains are drawn and the door is closed.) Make a few jerky movements with your pelvis, which would immediately lead a crowd of excited women into a state of complete sexual frenzy. Then try to do the same, moving only your pelvis, without using your hips and buttocks. Now you get a feel for your lower abs. You can open the curtains, sit down at the table and pretend that nothing happened, but from that moment on your life has changed dramatically.



Oblique abdominal muscles



Exercise type. Lie on your back, bend your leg at the knee, put your other leg on it. Put one hand behind your head, put the other on the floor. When lifting with a turn, take out the lock with the first hand with the second (4). You also train those obliques by doing deep bends to the side, moving your ribcage sideways to your thigh (5).

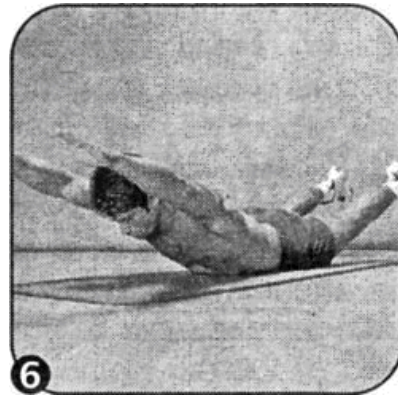
How you should feel. When performing a swing lift

from right to left, you should feel the tension on the entire right side of the abdomen, and this should be felt most strongly a few centimeters to the right of the navel. Naturally, when lifting with a turn to the right, the same sensations should be on the left.

How to feel it. Sitting or standing, place your right hand behind your head. Lean forward and left in. Continue this movement at different angles until you feel that you are only contracting the muscles to the right of the navel. Now switch sides and achieve the same sensation to the left of the navel.

Remember that when you put your right hand behind your head, when bending with the twist, you train those obliques on the left side of your torso. This tilt forces the muscles on the left side to tense, not on the right side. Likewise, as you straighten, you should feel the muscle tension on the left.

Internal long back muscles



Exercise type. This muscle group trains in the pose of a flying superman. Lie down here and bend forward, straining your back (6).

what you have to feel. When doing this exercise for the internal long muscles, you should

We feel tension in the lower back on either side of the spine below the rib cage.

how feel it. Sit in a chair, preferably at your desk, and assume your normal posture. Then imagine that your boss is walking into the room, and, stretching out into line, feel the muscles in your lower back tighten, straightening your posture. Of course, other muscles are involved, for example, your trapezius muscle in the upper back has pulled back your shoulders. However, the main role in this movement was played by the long internal muscles of the back.

FLEXIBILITY EXERCISES

Lagility - a very important thing, but it is about it that many people forget, doing different
nym physical training programs. People who exercise diligently in the gym, they lose liters of sweat in aerobics classes, but they completely neglect stretching in vain. They mistakenly think that they will only waste time developing flexibility instead of using it for "real" exercises. Do not follow these unfortunate examples. Stretching before the main set will improve the performance of all "real" exercises. requiring strength and dexterity, whether it be lying torso lifts or working with weights. But more importantly, the more flexible your body is, the more comfortable you will feel in everyday life. Regular flexibility exercises will release the tension in your muscles and joints, which will significantly improve your posture and thus give your abdominals a more advantageous appearance.

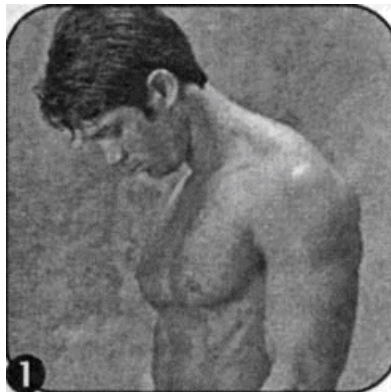
FLEXIBILITY OF THE ABDOMINAL PRESS

Exercises, described below will help develop flexibility in your shoulders, neck and back. As a result, you will be able to increase the range of motion during your abdominal workout. The greater the amplitude of the movement there, the greater the effectiveness of the exercise. In other words, the more flexibility, the larger and stronger the muscles.

Do these five exercises each time you warm up after a 5 minute warm-up, just before starting your workout. Each stretching motion must last at least 10 seconds. After completing one exercise, immediately move on to the next. A complete flexibility warm-up should take you less than 5 minutes.

РАСТЯЖКИ

COMPLEX FOR DEVELOPING NECK FLEXIBILITY



1. Bend your head while standing forward as if you are trying to become a chin chest.



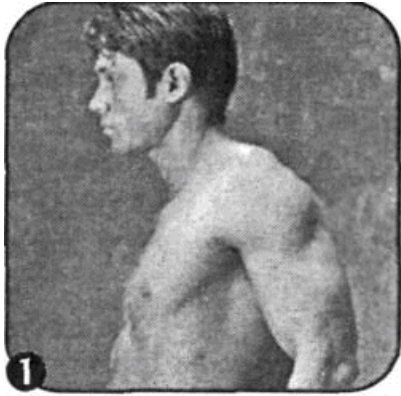
2. Embrace with the right hand, head from above so that with your fingers you can reach the tip of the left ear. Now tilt your head to the right, using your arm as a safety net. Repeat with your left arm, tilting your head to the left.



3. Put both hands on the neck so that they touch each other with the fingertips on the back lamp. Tilt your head back gently using your hands for support. Be careful not to tilt your neck and spine with your head.

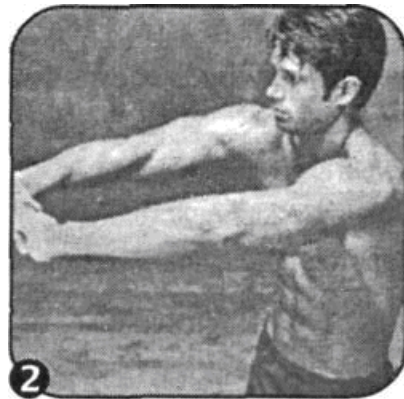
RASTIFKI

COMPLEX



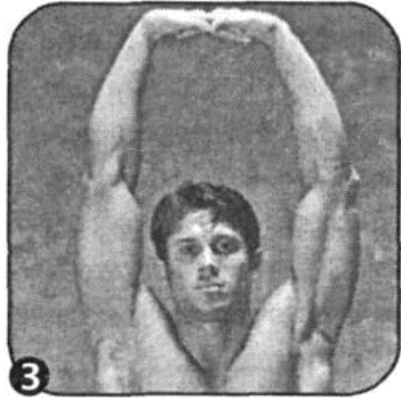
FLEXIBILITY

FOR DEVELOPING SHOULDER



1. **2** Reach out your arms along the body. Raise your shoulders up, pull them back and return to the starting position. Repeat this circular motion five times. Then, do five forward circular movements with your shoulders.

2. Stretch your arms forward at shoulder level and take your fingers in behind the wet, palms forward. Stretch your arms forward, as if pushing something away from you with your palms.



3. Pull out arms up and grasp the lock with your palms in front of your head. Stretch your arms up, as if trying to reach the ceiling la bottom.

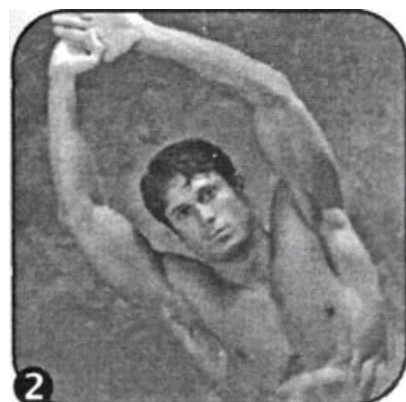
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COMPLEX



FOR DEVELOPING LATERAL FLEXIBILITY

1. Standing feet together, close your thumbs over the fishing.



2. Tilt sideways to the right while following so that the palms are exactly over the head. Now make a side tilt to the left.

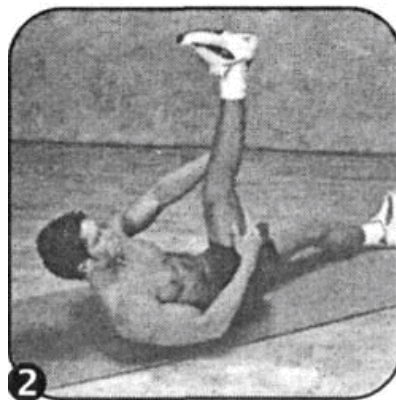
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COMPLEX



FOR DEVELOPING TORSO AND KNEE FLEXIBILITY

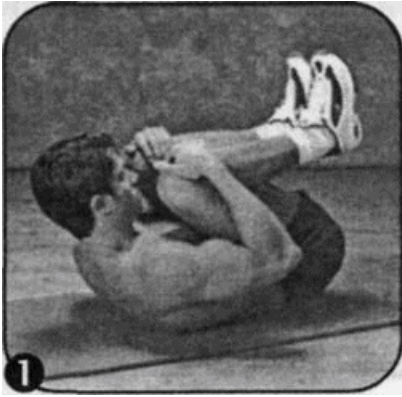
1. Lying on your back, stretch your arms forward behind your head, your feet should be completely on the floor. Stretch as if you are trying to get taller.



2. Raise your right leg, grab it with both hands and gently pull it towards your head. At the same time, lift your head, trying to become the chin of the chest. Do the same with your left foot.

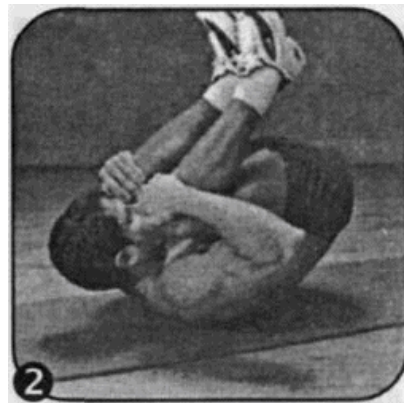
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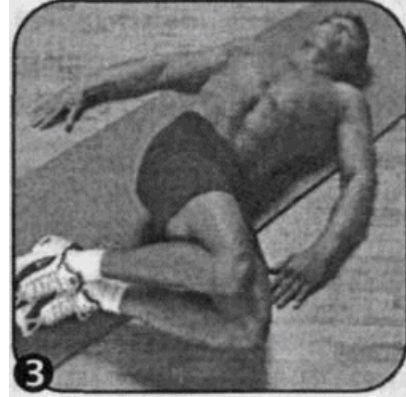


FOR DEVELOPING BACK FLEXIBILITY

1. Lying on your back, bring your knees to your chest. Grasp them with both of your hands and pull gently towards your shoulders. At the same time, raise your head, trying to touch your chin to your chest.



2. Staying in the position described above, gently roll back and forth five times. Caution: For safety reasons, this exercise should be done on a mat or thick carpet.



3. Omit legs on the floor, again bend me at the knees, making an emphasis with both hands on the floor on the sides of the body, tilt them to the left to the side and lay them on the floor. Then repeat this movement, bending the legs bent at the knees to the right.

TECHNICIAN A PERFORMANCE OF EXERCISES

M

We are not going to shock you with hundreds of small technical details that are not required

It is good to know to do some simple abdominal exercises. What you really need is the most basic knowledge of how to perform the required exercises without injury and achieve the best results in the least amount of time. Therefore, to get you started, we will introduce you to a few simple principles that will make your workouts more productive. There are only eight rules to follow when doing abdominal exercises.

Nº 1

Warm up BEFORE TRAINING

You are not an exception at all if you do not warm up before starting muscle training.

abdominal press. Most do just that. Moreover, some even use the exercises themselves as a warm-up before the main part of the workout. Others believe they are doing a great feat by doing a couple hundred torso lifts while lying flat on the bedroom floor before bed. There is nothing to say about any kind of warm-up. There is nothing particularly terrible in this, since a small victory is not a defeat in any case. It is better to do something than do nothing at all. However, no matter what kind of exercise you do, it is impossible to get the best possible results without first preparing your body. A warm-up will help you with this, which:

- raises body temperature. Warmed muscles become more flexible and allow you to better cope with heavy loads;
- fills the muscles with blood, i.e. ... provides muscles with more fuel and therefore more strength. Now the muscles can be trained at an accelerated pace with a stronger load;
- helps to distract from all strangers, focus on training, focus on doing exercises for the abdominal muscles.

The warm-up should not be a formal five-minute exercise performed purely mechanically in the gym. (It shouldn't become a routine, even if you are doing the exercises at home, where there is not enough room to walk around.) There are several ways to make warm-up fun.

A game. Play ball with your kids, go for a walk or run with your dog, or just rock and roll.

Make anything around the house. Your wife or family will only be glad. Take out old junk, go to the laundry, buy toys for the children. Do whatever you want, just let for this you need to get up and move.

If all this is not enough, do the exercises. Jump rope, running in place, jumping. You abandoned these simple exercises many years ago, when you felt old enough to engage in children's pranks.

Nº 2

USE THE FULL AMPLITUDE Movement

To get the most out of your exercise, use your full range of motion. When doing torso lifts, this means lifting the shoulder blades off the floor with each rep. and bend the chest, trying to reach the hips. Simple nods of your head up and down are not only incomplete range of motion, but not even exercise.

Nº 3

HOOK SPEED Of EVERY REPEAT

The main task of the exercise is to overcome the force of gravity, which neither in no case should you control your movements. Therefore, when you do an abdominal exercise

press, it is necessary to regulate your speed both when lifting the body (the so-called positive or concentric part of the exercise), so and when it is lowered (the so-called negative or eccentric part).

You develop muscles and make them grow with only both parts of the exercise, both positive and negative. By ignoring the negative part and just flopping to the floor, you are fooling yourself and only doing the exercise halfway.

Nº 4

CORRECT BREATH

It is quite clear that you cannot hold your breath during the exercise. This sounds obvious, but ask any trainer how many beginners instinctively breathe when doing an abdominal exercise and you will find that there are practically none. At first, almost everyone holds their breath while doing, for example, lying torso lifts.

There is a perfect way to breathe correctly during exercise. At the end of the positive phase of each repetition, exhale through the mouth. As you lift your torso while lying down, you exhale, lifting your shoulder blades off the floor. During the negative phase, inhale through your nose. This is how you breathe in as you lower your body back to the floor.

We already wrote about how important it is when performing exercises for the abdominal muscles to monitor the range of motion. However, no one requires you to observe it to within a few centimeters. Likewise unnaturally you-

would look strict control of breathing. You can breathe out in the negative phase and breathe in positive, if, of course, you succeed. In any case, it won't get any worse. Most importantly, do not hold your breath while doing the exercise. Breathe and everything will be fine.

Nº 5

QUALITY IS MORE IMPORTANT THAN QUANTITY

!In every gym there are a few men who, with a tenacity worthy of a better use, do several thousand lying torso lifts until their butts are wet and are sure they are on the right track. However, the best, and perhaps the only, measure of success in abdominal exercises is not how many reps you do, but how well you do them.

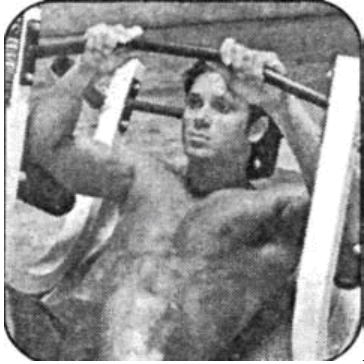
There are two main indicators that indicate that you are doing the exercise correctly is the feeling that your abdominal muscles are working with each repetition and the feeling of constant tension in both the positive and negative parts of the exercise.

However, another question arises here: what to do if you no longer feel muscle tension when repeating the exercise and can't get them to work?

You must immediately stop doing this exercise. But if you haven't finished the set yet?

If you are no longer able to get the muscles to work, the approach is complete. It doesn't matter how many reps you did. Remember: as soon as the feeling disappeared

NECOLKOSLOVOROLLERE



Ask any trainer about the abdominal rollers (also called frames), and you will most likely hear one of two answers:

■ Rollerball is a crutch. You can save tons of money by doing standard abdominal exercises just by lying on the floor.

■ Rollerball - this is not God knows that, but at least it can help start your abdominal workouts. Most of those who buy abdominal rollers are confident that they are purchasing a miracle device that will make it easier for them to exercise. However, these trainers in principle change the technique workouts.

Therefore, if you have already bought a similar device, listen to the following tips to help you get the most out of it. useful.

1. Make sure the lining ka under the neck does not force the head to bend to the chest and bend the neck. To do this, place your fist between the under-

beard and chest, put your neck on lining and relax.

2. Do not push the roller forward when help elbows. Otherwise, you will not be training the abdominals, but the muscles of the chest and back.

3. Do not push the roller down with your hands or squeeze the bar too much. Otherwise, your focus will be on your arms, not your abs, and exercise effectively.you can not.

4. Don't let the roller slide forward. Otherwise, you will be training not so much the abdominal muscles as other muscles.

5. Drive the roller and don't let him rule you. You must control the ascending and descending phases of the movement yourself.

tension, you need to stop doing this exercise.

Let's take a closer look at what happens when you get close to completing an approach. You were going to do 15 reps per set, but you ran out of breath on the tenth. You start to fight for quantity, the press burns, as soon as you take your shoulder blades off the floor. Then you lie down on the floor again and after a moment, with an incredible effort, jerk your torso up. Then you pull it forward by moving your head. Yes, you do the rep and finish the set, but there is little benefit. You violated the technique of performing the exercise because you could not do the repetition correctly. Remember, improper exercise is of no benefit. Therefore, if you feel that you are exhausted, do not torture yourself, stop doing this exercise and move on to the next one.

Nº 6

SENSATIONS OF PAIN: WHEN CONTINUE DO AND WHEN TO STOP

In principle, it is quite natural to feel shielding some physical discomfort during exercise. Your abdominal muscles will ache, your body will begin to tremble, and your breathing will become rough and uneven. These are all normal responses. Don't force yourself on every move to get results. You must clearly understand the limits of your physical capabilities and understand in time what state the part of the body you are working on is.

Good pain - this is exactly the sign by which you can determine that you have reached the limit. You must completely trust your feelings, and the more you practice, the more you can trust your feelings. The pain can determine how you do the exercise. There is little joy in it, but thanks to it you will know that you are doing everything right.

Bad pain Is a warning signal. It means that you are injuring your body. So-called bad pain sensations include arrows, sharp pains, cramps, and pain that is localized outside of the muscles being trained.

If you feel something like this, stop doing the exercise immediately. and try to understand the cause of the pain. Massage the part of the body where the pain is concentrated.

If you are doing abdominal exercises, you are most likely to get pain there will be a neck or lower back. If pain persists after the massage, stop exercising. Continuing to exercise may result in yourself seriously injuring yourself and ending up in bed, if not in the hospital. This will only interfere with your further pursuits, worsen your sports form and prevent the achievement of the desired result.

Nº7

ISOLATE THIS IS THE PART OF THE ABDOMINAL PRESS THAT YOU TRAIN

Exercises in this book are specially designed to work in isolation from the different parts of your belly - the upper and lower

sections of the abdominal press, as well as oblique muscles. You need to make sure that with each repetition, you are developing the exact area of the press that you need. Sometimes you will feel that the exercise is working on two areas at once. For example, when doing a lateral torso lift from a prone position, you will feel tension first in the upper abdomen and then in the obliques.

Negligence Is your main enemy. Do all the exercises correctly, otherwise you will not be able to achieve isolated impact and will not feel tension in the right areas. Below is a list of the most common mistakes.

Upper abdominal movements

Problem. You move your neck up and down instead of lifting and lower the shoulder blades.

Decision. Begin with your abs, pulling your ribcage toward your hips, with your head following the movement of your torso, not directing it.

Problem. You use your hands to pull head and torso forward, hoping that the shoulder blades will follow.

Decision. Support your head with only your fingertips and force your abdominal muscles to lift your shoulder blades off the floor on their own.

Lower abdominal movements

Problem. You raise your knees to your chest, but you cannot do the same with your pelvis.

Decision. Begin to move the muscles of the lower abdomen, not legs. You must put your abs to raise your legs. Sometimes it is difficult to know if the pelvis is working properly. To do this, place your fingertips on the side of your pelvis and you can feel the movement.

Problem. You swing or push with your arms to lift your pelvis off the floor.

Decision. Relax your arms and do not help them during the exercise.

Oblique muscle movements

Problem. Instead of lying on your back, tearing the shoulder blade off the floor and touching the opposite arm with your elbow, you only pull your hand toward the opposite knee.

Decision. Perform two movements. First, lift the shoulder blade off the floor, then move your shoulder.

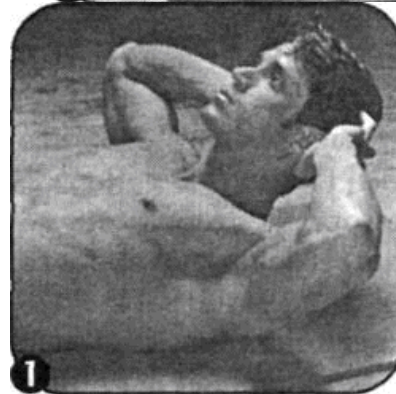
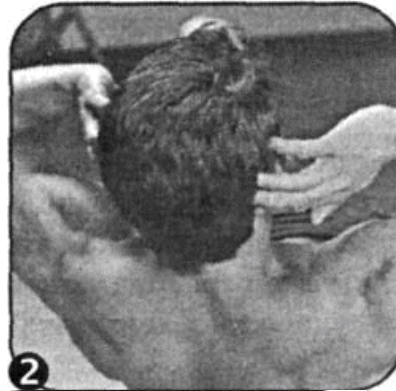
Problem. You are shifting body weight in one direction to get an impulse to move in the other. For example, when lifting your torso to the side from a prone position, you move your body to the right and then forcefully move to the left. This can happen instinctively, as if you were going to jump, you would first sit down, and then, like a spring, would straighten up in the jump. Likewise, if you were about to push a car, you would first lean back and then lean on the bumper of the car.

Decision. The main reason here lies in the control of your body during the positive and negative phases of the exercise. If you are in constant control of your body, you will not redistribute weight, use ricochet and jerk convulsively to complete the exercise.

FOLLOW YOUR NECK

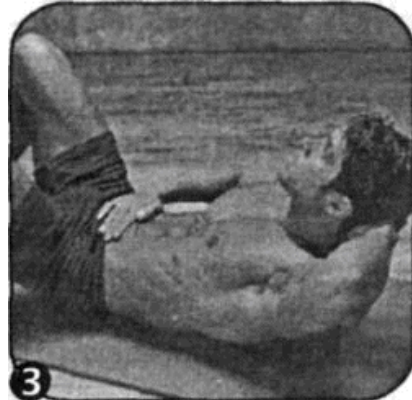
Pain in the neck are a serious problem that can arise during abdominal exercises. However, the problem itself is not in the neck, it is just a part of the body. It's about your head, which weighs 3.5 to 5 kg. It takes a lot of work for your neck to lift and lower such a weight. However, most men find that by doing abdominal exercises, their necks have become stronger and longer.

There are several ways that you can take some of the stress off your neck during abs workouts.



When doing abdominal exercises, always try to maintain a distance between the chin and chest approximately equal to the fist (1). Keep this distance during the entire exercise, try not to pull your head forward. Pay special attention to this after you feel that you are getting tired.

Support your head with your hands or a towel. If using your hands, your fingertips should be behind your ears (2). This can help loosen up the muscles in your neck.



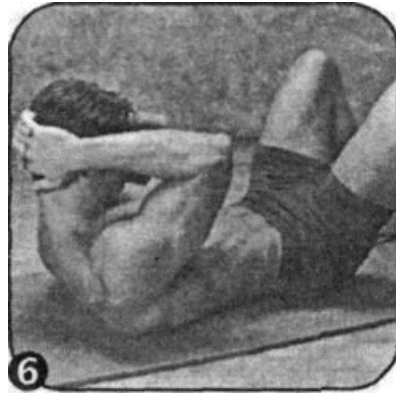
You can also hang only one hand behind your head; place the other hand on your stomach, in the place that you are developing (3). Feel the tension and relaxation of your muscles. This method serves two purposes: it allows you to support your head by taking some of the load off your neck, and it allows you to feel the work of your abdominal muscles.



For the best use of the upper abdominal work towel, fold it in a wide strip along the

length and behind your head (4). This technique only works when your hands are in a fixed position relative to your head. If you pull the towel forward with your hands, you are simply deforming your neck, not supporting it.

When doing a bent leg lift while lying down, you can place a rolled towel under your chin (5). This helps to keep the correct di-



the station between the chin lump and chest.

Do not interlock your fingers hands behind the head. how and in the case of a towel, hands should not push the head forward as this moves the chin towards the chest and deforms the neck (6).

UPRAGNENIENAUKREPLENIEDLIMYShYY

You can prevent Relieve neck pain during abdominal workout with this simple exercise.

Lie on a bench with your back so that your head and neck are beyond its edge. With the help of the cervical muscles, keep your head in a strictly horizontal position in line with the spine, as if you were standing. Initially, the duration of the exercise should be only 5 seconds, but each time increase this time by another 5 seconds until you reach a minute. If you find it difficult to increase the exercise time so quickly, choose your own



pace. Do this exercise twice a week. If these days coincide with your workouts, do the neck exercise after workout or whenever you like.new time for you.

CORRECT PERFORMANCE EXERCISES

The correct training technique comes down to the following.

You must make sure that the movement is correct. It does not matter at all whether you are doing the abdominal exercise on the floor next to the bed, on an expensive exercise machine, or on a cheap technical device. The essence does not change from this. The more you control the exercise, the better the end result will be.

Use of simulators only for the first time the gaze makes it easier to train the abdominals and is much easier than conventional exercises. In reality, everything is completely different. Any, even the most expensive, iron serves as an auxiliary means, since friction you must do it yourself.

That is why our course begins with simple exercises that do not require any simulators. They discipline you, teach you how to control your body and help you connect your mind with physical strength in training. This is the key to success and achieving the result you want.

Part Three Main Program

PRELIMINARY

NOTES

A

The main 6-week abdominal development program is designed for classes with

left level to 3 hours a week. By the end of this program, you will be able to do a full set of abdominal and aerobic exercises in peace. This will be more than enough to properly develop the desired muscle group in the abdomen and lower back, as well as improve the condition of the cardiovascular system.

Main program Are schemes of simple and effective exercise sets designed to help you develop a habit and correct approach to exercise. Our 6 week program is nothing more than a template, while each person needs a personalized approach. It is possible that you will need more time to complete the specified number of repetitions in each set of an exercise. You can also take breaks from your studies. It took someone 9 weeks to

deal with the main program, and someone worked on it for 3 months. Either way, your strength and endurance will gradually increase and you will see undeniable progress as you progress through the program.

Despite the fact that the program is designed for incremental progress, you do not need to go through all three levels at once to achieve significant success. It is quite possible that you will achieve what you want by the end of the first level. Or, before moving to the third level, you can stay on the second for several months. This is everyone's personal business. Customize our proposed template to suit your needs and lifestyle.

The most important point when considering but the first exercise is safety. If you have any health problems or concerns, it is imperative that you consult your doctor before starting exercise.

PROGRAM TRAINING

Use this chart to track your progress. while progressing through the main program. In the “workout” columns, the recommended number of repetitions of the exercise is shown before the line. You can put the number after the line that you are actually doing. This will help you evaluate the results achieved.

It is imperative not to force your workouts and not overwork. You should focus on the correct execution of the exercise, not the number of repetitions. And it's impossible to concentrate on technology without using your brain.

PROGRAMMATRENIROVOK

Week 1				
The first level1	Workout 2	3	4	
Bent Legs Raise pregnant lying down 12/	thirteen/	fourteen/		
Raising the torso sideways out provisions lying down 12/	thirteen/	fourteen/		—
Raising the top of the torusa from position lying down 12/	thirteen/	fourteen/		—
The rise of the opposite legs and arms lying on the stomach 12 /	thirteen/	fourteen/		—
Second level1	Training 2	3	4	
Raising straight legs and pelvis lying down 12/	thirteen/	fourteen/		
Raising bent legs and pelvis out of position lying down 12/	thirteen/	fourteen/		—
Raising the torso sideways out provisions lying down 12/	thirteen/	fourteen/		—
Raising the torso lying to the bend dark feet on boku12 /	thirteen/	fourteen/		—
Raising the top of the torusca lying in a straight leg position angle 12/	thirteen/	fourteen/		
Raising the top of the torus sa from position lying down 12/	thirteen/	fourteen/		—
Raising arms and legs lying on belly12 /	thirteen/	fourteen/		—
Third level 1	Training 2	3	4	
.Birch " 12/	12/	thirteen/	thirteen/	
Raising straight legs and pelvis lying down 12/	12/	thirteen/	thirteen/	
Raising bent legs in po placement lying12 /	12/	thirteen/	thirteen/	
Raising the torso sideways out provisions lying12 /	12/	thirteen/	thirteen/	
Raising the torso lying to the bend dark feet on boku12 /	12/	thirteen/	thirteen/	
Raising the torso to the side with outstretched hands lying 12 /	12/	thirteen/	thirteen/	

Raising the top of the torus ca with outstretched arms lying down (legs at right angles) 12 /	12/	thirteen/	thirteen/
Raising the top of the torus sa lying (legs under a straight line angle) 12/	12/	thirteen/	thirteen/
Raising the top of the torus sa lying with matched kicking 12/	12/	thirteen/	thirteen/
Lifting the torso while lying on the stomach 4 (4 sec. on roller each) /	5 (4 sec. each) /	6 (4 sec each each) /	6 (4 sec each each) /

PROGRAMMATRENIROVOK

	2 week		
The first level1	Workout 2	3	4
Bent Legs Raise pregnant lying down sixteen/	17 /	eighteen /	
Raising the torso sideways out provisions lying down sixteen/	17 /	eighteen /	
Raising the top of the torus sa from position lying down sixteen/	17 /	eighteen /	—
The rise of the opposite legs and arms lying on the stomach 16 /	17 /	eighteen /	—
Second level1	Training 2	3	4
Raising straight legs and pelvis lying down sixteen/	17 /	eighteen /	
Raising bent legs and pelvis pregnant lying16 /	17 /	eighteen /	—
Raising the torso sideways out provisions lying16 /	17 /	eighteen /	—
Raising the torso lying to the bend dark feet on boku16 /	17 /	eighteen /	—
Raising the top of the torus sa lying in a straight leg position angle sixteen/	17 /	eighteen /	
Raising the top of the torus sa pregnant lying16 /	17 /	eighteen /	—
Raising arms and legs lying on belly sixteen/	17 /	eighteen /	
Third level 1	Workout 2	3	4
"Birch" fourteen /	fourteen/	fifteen/	fifteen/
Raising straight legs and pelvis lying down fourteen/	fourteen/	fifteen/	fifteen/
Raising bent legs in po placement lying14 /	fourteen/	fifteen/	fifteen/
Raising the torso sideways out provisions lying14 /	fourteen/	fifteen/	fifteen/
Raising the torso lying to the bend dark feet on boku14 /	fourteen/	fifteen/	fifteen/
Raising the torso to the side with	fourteen/	fifteen/	fifteen/

outstretched arms lying 14 /			
Raising the top of the torus ca with outstretched arms lying down (legs at right angles) 14 /	fourteen/	fifteen/	fifteen/
Raising the top of the torus sa lying (legs under a straight line angle) fourteen/	fourteen/	fifteen/	fifteen/
Raising the top of the torus sa lying with matched kicking fourteen/	fourteen/	fifteen/	fifteen/
Lifting the torso while lying on the stomach o (5 sec sec / (4 sec / (4 sec each on roller each) / each) /		6 (4 each each) / each) /	

When learning a new movement, try it at the very beginning of the workout, before you are tired. This should not be done late at night or at the end of a workout when you are exhausted, as this will only lead to unnecessary overexertion and fatigue.

To make it easier for you to learn the training methodology, each exercise has additional explanations to help you cope with this specific task. In addition, we would like to share a few general recommendations for all exercises that will no doubt be useful to you during the program.

GENERAL RECOMMENDATIONS

- Keep your abdominal muscles in constant voltage.
- Perform each movement slowly and carefully, operate it in both positive and negative phases, without making convulsive jerks and without using a ricochet.
- At the top of the trajectory of movement, pause to maximize the load on the muscles.
- Do not rest between repetitions of one exercise.
- Concentrate on the feeling of your tense muscles working, turn your full attention to them, do not turn the exercise into a thoughtless and tedious routine.
- Using a towel or hands, relieve stress from the neck and let it relax.
- Remember to breathe as you exercise in any case, do not hold your breath.

ADDITION TO EXERCISES

At each training level, a set of exercises for the abdominal muscles is accompanied by a special section, which discusses the potential difficulties you may encounter, the likely problems and how to resolve them.

In addition, each of the three levels of the main program contains nutritional guidelines, and aerobics complex. By the time you complete our training program, you will not only have developed those abdominal muscles, but you will also be able to achieve your ideal much faster with the help of the method of hardening the cardiovascular system and the correct diet.

By this time, you will not only develop a muscle round, but also learn how to proceed further in order to maintain your trained abs and make it even more perfect. So, let's get down to training. Get down to business!

FIRST STEP

THE FIRST LEVEL

H

In the first level of the main program, you have only one real goal: you should go to the second level. To achieve this goal, you need to follow the guidelines below.

- Do three abdominal exercises each and one lower back exercise three times a week.
- In the second week, add light exercise to strengthen and cardiovascular training.
- Think about it well about how you eat and how to try to change your diet so that it matches our recommendations at least a little.

TRAINING RECOMMENDATIONS AT THE FIRST LEVEL

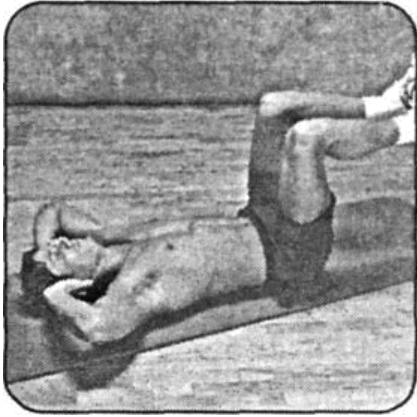
- Train three times in Week.
- Do one set of each exercise.
- During the first workout, do 12 repetitions of each exercise, on the second workout, 13, and on the third, 14. During the second week of training, gradually bring the number of repetitions of each exercise from 16 to 18.
- Try not to pause more between exercises. 5 second. Of course, if necessary, you can rest and more, but try to reduce the pause time between exercises to the recommended.

FIRST RESULTS

Strengthening and strengthening the abdominal muscles.

Reducing the feeling of discomfort in the lower back if you have problems with this part of the body.

Improving posture.



LIFTING
BENT LEGS IN A Lying POSITION

ATTENTION, PREPARED:



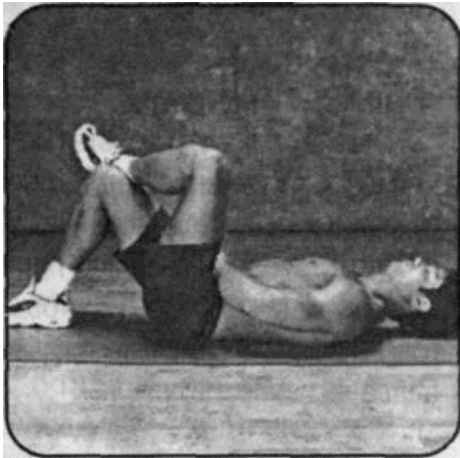
Lying on your back, relax your shoulders and neck, then place both hands under your head. Put your feet up and bend them at the knees at a right angle so that the shins are parallel to the floor and the thighs are perpendicular.

STARTED:

Using your lower abdomen, try to lift your hips and pull them forward. Then, slowly lowering your hips, return to the starting position. Repeat exercise specified quantity time.

DOPOLNITELNEPOISNENI

- Make sure the bottom your abdominal section is really working. If you roll up and down with the impulse force, you are not doing the exercise correctly, and there will be little benefit.
- In the return phase, do not throw your hips down sharply or lower your shins.
- Keep constantly in the tension of the abdominal muscles.
- Use your hands only for balance. and in any case do not push yourself with them.
- Keep your shoulders and neck relaxed.

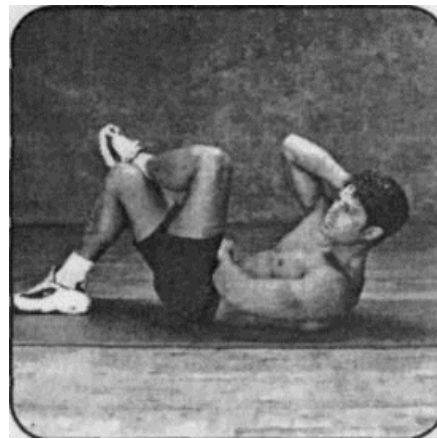


LIFTING
THE TORSO TO THE SIDE
FROM THE Lying POSITION

ATTENTION,
PREPARED:

Lying on your back, bend your right leg at the knee and put your left leg on it, so that its lower leg is once placed on the knee. Place your right hand behind your head and pull your elbow to the side. Place your left hand on your belly at your waist.

STARTED:



Using your right obliques, lift your right shoulder and bend over to your left knee. Then slowly return your shoulder back to its original position. As soon as the shoulder blades touch the floor, repeat all over again.

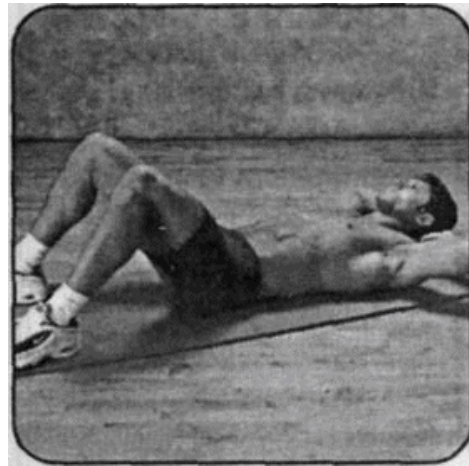
After completing the required number of repetitions, change the leg and arm. Now

your left leg is under your right, your left arm is behind your head, and your right is at your waist. Do the same number of repetitions while lifting your left shoulder to the right knee.

D O P O L N I T E L N S E P O I S N E N I I

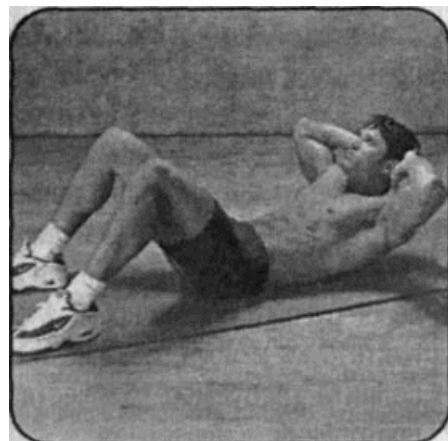
- Make sure your torso really curves along toward the knee, and you're not just moving your elbow or shoulder. Keep your knee stationary, do not pull it towards your shoulder.
- Feel the tension of the oblique muscles on the side you are training. In addition, you will also feel how your upper abdomen is working.
- Slow and carefully do the positive and negative parts of the exercise, do not make convulsive movements to complete the repetition.

LIFTING THE TOP OF THE TORSO FROM Lying POSITION



ATTENTION, PREPARED:

Lying on your back, bend your legs in knees, put your hands behind your head, relax your neck.



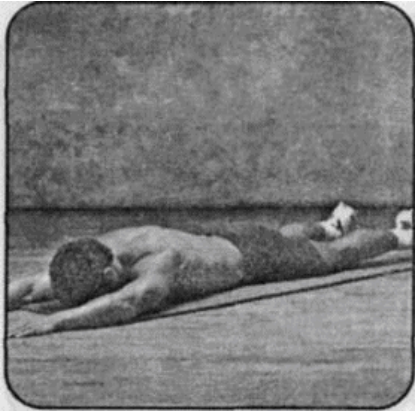
STARTED:

When help from the upper department abdominals tear off from the floor of the shoulder blade and lift the chest towards the knees. After reaching the maximum, hold on for a second.

Then slowly and gently lower your shoulders back to the starting position. As soon as the lo patcha touches the floor, repeat all over again.

D O P O L N I T E L N E P O I S N E N I

- Make sure your shoulder blades come off the floor every time and you don't just move your head and neck back and forth.
- Come up and descend slowly and gently, without using a convulsive force, to complete the rep.
- Keep your abdominal muscles consistently in tension, not allowing them to relax at the end of the negative phase.
- At the highest point of the positive phase after the end of exhalation, pause for a moment to maximize the load on the abdominal muscles.



**LIFTING Opposite Legs
and Hands Lying on the Abdomen**

**ATTENTION,
PREPARED:**

Lying on your stomach, face down, extend your arms and legs straight parallel to your body. Hands should be palms down.



STARTED:

Raise at the same time straight right arm and left leg. Hold for 2 seconds. Then slowly and gently return to the starting position. Once the arm and leg have touched the floor, repeat the exercise with the left arm and right leg. Change arms and legs until you reach the required amount. repetitions.

DOPOLNITELNEPOISNENI

- As you raise your arms and legs, try to pull them not only up, but also forward.
- By doing the exercise, you will feel tension in your gluteus and hamstrings as you lift your leg.
- If you feel like raising your hand too easily and leg, try to hold your non-working hand during repetition and a leg off the floor. Likewise, do not lower your working arm and leg to the floor, stopping them at a short distance from it. This will allow you to significantly increase the stress on your lower back.

ПОТЕНЦИАЛЬНЫЕ ТРУДНОСТИ ПЕРВОГО УРОВНЯ

Problem. My neck hurts more during my abdominal workout than the belly.

Decision. Pain in the neck are common at the beginning of a workout program. Working on the abdominal muscles forces the cervical muscles, which may have never experienced such a load before and were weak enough, to overextend. Just like any other muscle, the neck muscles get tired and sore. All this is a natural reaction of an organism untrained and not accustomed to physical exertion, if, of course, it is not accompanied by acute pain. Pretty quickly, the neck muscles will become stronger and stop hurting.

Problem. I cannot complete the recommended reps, which is extremely frustrating for me.

Decision. Recommended the number of repetitions is only an initial target. For some, it is too large, for others, on the contrary, it is too small. Keep practicing and the number of repetitions you can do will certainly increase. Of course, you will not be able to complete the first level in the allotted 2 weeks. Let it take a little longer, but you will achieve the desired result and will technically perform the required number of repetitions of each exercise

Problem. The exercises seem too easy to me and I can freely to do 20 repetitions of each.

Decision. You have two choices. You can immediately go to the second, or even to the third level, because you are in good physical shape, and your body is ready for much more intense load and intense work. Or, you can exercise as slowly as possible. With each repetition at the highest point of the positive phase, hold for 2-3 seconds to maximize your muscle tension. Then lower yourself slowly over the next 2-3 seconds. Even a trained athlete will find it quite difficult to complete 12 repetitions in such a regime.

Problem. I don't feel my lower abdominals working.

Decision. When training the lower abdomen, it is very easy to engage adjacent muscle groups. As a rule, along with this part of the press, the muscles of the thigh and small muscles of the pelvis begin to work. You must learn to isolate the lower abdomen by following the method described above. Start the exercise by lifting the pelvis off the floor a few centimeters, then bend it towards the chest.

КОМПЛЕКС АЭРОБИКИ

STAND UP AND MOVE

Waistboard-like abdominal muscles - this, of course, is good, but we should not forget that the main muscle in your body is the heart. The condition of your heart is the main indicator of how long and how fruitfully you will live. The stronger and more trained this organ is, the more effective your training will be, and the faster you will regain strength.

How can you make your heart stronger? For this you have to move. Walking on footjogging, hiking and swimming are classic examples of aerobics that increase your heart rate and breathing. These types of exercises also improve your circulation, lower blood pressure, normalize your heart rate, and help you lose weight.

HOW AND HOW MUCH DO YOU NEED TO DO?

If you are not in good physical shape, any kind of prolonged movement can improve the functioning of your cardiovascular system. (Note that the words "cardiovascular training" and "aerobics" we use synonymously. They both imply exercise that accelerates the body, makes the heart work harder, but does not overload it.) However, if you are an active person who can rise a few flying up the stairs without shortness of breath and working for a couple of hours in the yard without calling

development team, then you should give my heart is a great burden.

There are many different ways for you to know how much and how you should do aerobics. The American College of Sports Medicine recommends exercising for 30 minutes three times a week. And within 20 minutes of each activity, your heart should beat in the range of 65-85 percent of the maximum rate of contractions (the so-called target heart rate zone). This maximum can be determined in a variety of ways, the simplest of which is: subtract your age from 220. (This method is only accurate for 60 percent of the population. Your real maximum can be higher or lower, but this method gives you an average from which to base your training.)

So, if you are 30 years old, then your theoretical maximum the minimum heart rate will be 190 (from 220, subtract 30 will be 190). To calculate the lower figure of the mentioned limit, multiply those of your calculated maximum by 0.65 (190 times 0.65 is 123.5). Now multiply your maximum by 0.85 to get the top reading (190 times 0.85 is 161.5). Thus, rounding off the values, we get that your target heart rate zone is 125-160 beats per minute. You should now be doing aerobics efficiently enough to enter this zone.

There are three ways to know when you are in your target heart rate zone.

1. Wear a heart rate monitor.
2. Use the cuffs on the latest generation equipment, in which the heart rate sensors are inserted.

3. Take the pulse on the arm or neck within 10 seconds and multiply by 6. So, if you, for example, 30 years, and you counted 21 beats in 10 seconds, you hit the bottom of your target heart rate zone ($21 \times 6 = 126$). If you have 26 hits in 10 seconds, you have reached the top score ($26 \times 6 = 156$).

LOAD FOR AEROBIC EXERCISES AT THE FIRST LEVEL

If you are just starting out with aerobics, then you should not work all 20 minutes in the target heart rate zone. You can do most of your workout at a gentle pace, with your heart beating below your target zone. If you can get into your target heart rate zone by brisk walking, then a more relaxed walk is a great exercise for you. If you reach your target zone by jogging, brisk walking at a light pace is the ideal exercise.

In the second week of the first level (or after 2 weeks), you should do aerobics three times a week with a break of one day. Each lesson should last 15 minutes according to the following scheme:

- 5 minutes at an easy pace;
- 5 minutes at target pace;
- 5 minutes at an easy pace.

РЕЖИМ ПИТАНИЯ

TRUTH 0 POWER

A high protein diet is probably very good because one coworker of yours sits on it and loses 12 kg every month. The same way rather

all useful and a low-fat diet as it was much praised by a thin uncle on TV. Recently, it was reported in the news that foods high in carbohydrates pose a great danger, as this can result in diabetes and serious heart disease. Each of us knows perfectly well that sugar is a white death, thanks to which we swim with fat. But more recently, you read in the newspaper about a new Mediterranean diet based on olive oil. But isn't olive oil fat, and the thin uncle told on TV that he doesn't eat fat at all?

The only way to avoid all this confusion with diets - do not watch TV, do not read newspapers and magazines and do not talk to anyone about this topic. If you believe all the muddy stream of information that filled the air and newspaper pages, then you would have to give up food altogether. Some advertise the same product as the only miraculous means of salvation, while others condemn it as the cause of all calamity.

At this point in the main program, just forget about all this more than conflicting information and focus on the following simple rules. There are no bad foods. There are undoubtedly foods that will kill you over time if you eat enough of them every day to clog your arteries. But are you sure you know exactly which foods will do you such harm?

Foods that are dangerous to other people may be completely harmless to you, and vice versa. So forget all the creepy stories you've ever heard about red meat, pasta, pizza, sugar

re and chocolate, in a word, about everything that you were strongly advised not to eat on pain of a terrible death. You can safely eat whatever you want, just not every day and in small quantities. There are no magic foods.

In the same way that there are no harmful foods, there is no one food or dish that will drastically change your whole life and will miraculously reduce the size of your waist. All foods that exist in nature contain calories, so you can not overeat any food without the risk of gaining weight. (Although, of course, you are not likely to get very fat if you eat a diet of fruits and vegetables, supported by horse doses of laxatives and diuretics.)

Diet aids do not exercise your body.

People who exhaust themselves with radical actions

TABLICA ZAMENY PRODUKTOV PITANIZ

In addition to introducing new foods to your diet to reduce calories, you can also replace some of them with equivalents that taste almost the same but contain fewer calories. Below are some options for such replacements.

Instead...	Try ...
Cheese "Prime Rib"	Sirlion cheese "
Normal mayonnaise	Low fat mayonnaise
"Baby Rig" chocolate bars, "Snickers" and "Rises Pinat Butter Cup"	Milky Way, Buturfinger and 3 Musketers
Pancake with syrup	Fat-free vanilla yogurt pancakes
Crackers "Ritz"	"Stone Wet Six"
Single-layer biscuits "Fruit pie"	Double-layer biscuits "Twinkis"
Khlebtsev "Granola bar"	Bread "Serial bar"
Ready popcorn	Chips "Tortilla"

i

tami, can lose weight pretty quickly. But this is not good for them, as they can quickly to take weight, returning to the usual diet. Therefore, the main result of most diets for the vast majority of people is weight gain. You must learn to successfully manage your weight, when it is necessary - to maintain it at the existing level, and when not - to lose a couple of kilograms. Most importantly, you can continually cut your calorie intake without feeling this overwhelming constant hunger.

SIMPLE METHODS REDUCE CALORIES

Almost every one of us, with the exception of diet fanatics, more or less often consumes Foods include: bacon, cappuccino, cream cheese, bagels, ready-made hamburgers, fried chicken or fish sandwiches, french buns, hot dogs, onion rings, biscuits, french fries, and sausage. All of these foods are composed primarily of fat with minor additions of muscle-building proteins that provide the body with energy from carbohydrates and healthy vitamins and minerals. They can only harm your dreams of a slim body, powerful muscles and a flat stomach.

However, if any of the above - your favorite food, don't panic. We didn't say you should never touch hot dogs or hamburgers again. Remember, there are no bad or harmful foods. We just want you to understand one simple thing - you can't eat this.

everyday and get those abdominal muscles you dream about. View your addiction as a slight weakness that you can indulge from time to time. But now, when you eat it, you will not just swallow, but you will enjoy the taste of your favorite dish or product.

While there are no foods that can magically change your life, there are some that have the most beneficial properties. These low-calorie foods include artichokes, beans, beets, black and green tea, blueberries, bran, brown rice, Brussels sprouts, cabbage, cauliflower, muskmelon, carrots, cauliflower, chicken breast, citrus fruits, eggs, fish, garlic, kiwi, mango, milk, mitaki and shitaki mushrooms, nectarines, ov syanka, olive oil, onions, papaya, peas, peppers, prunes, spinach, sweet potatoes, tofu and tomato products ... Eating more of these foods and less of your favorite foods will automatically reduce your calorie intake.

PAR U S L O V O E D E

All good things quickly turn into a common stamp. Not so long ago, nutritionists began to recommend drinking at least eight glasses of water a day. Now everyone goes to the gym with a large plastic bottle of water. As a result, doctors discovered a new state of the human body - the so-called water hyponatremia, that is, sodium deficiency, which is flushed out of the body if a person drinks too much water.

However, the emergence of this cliché was caused by a very specific problem. People stubbornly dehydrated their bodies by excessive consumption of coffee and other drinks containing caffeine during the day, beer and wine at night. Of course, the total fluid intake was high, but all of these had a diuretic effect on drinks. You've probably heard the famous adage "we don't buy beer, we rent it." Diet cola and a double cappuccino with chocolate have the same effect on your body. They not only pass through you,

but also carry away some of the liquid from your organism.

When dehydrated, your muscles lose most of their strength because water is one of the main components of muscles. In addition, you also lose control of your muscles, as the nerves that coordinate the movement of the muscles are also dependent on water to work.

Before to feel thirsty, you must lose 2 percent of your body weight with water (that is, if you weigh about 90 kg, you must lose about 2 kg of fluid before your body says it is time to "refuel." By this time, you may have already lost a fifth of your agility and half of your strength.)

Fill with water every morning 1 liter bottle and drink it gradually throughout the day. This, along with other liquids such as milk, juices and soups, will keep your body healthy.dehydration.

DEVELOPMENT SUCCESS

SECOND LEVEL

Now you can make your workouts a little more difficult.

T

- The workout increases in time and now instead of doing three abdominal exercises each time, you will do six, and also continue to work on the lower back.
 - Aerobics will increase in the third week from 15 minutes until 24, and on the fourth - up to 28 minutes.
- A new revision of the diet. Need to balance carbohydrates, proteins and fats.

TRAINING RECOMMENDATIONS AT LEVEL SECOND

- Train three times in Week.
- Do one set of each exercise.

- During the first workout, do 12 repetitions of each exercise, in the second and third workouts, 14, and in the third, 16. During the second week of training, gradually bring the number of repetitions of each exercise to 18.
- Increase the load constantly. If by the end of the exercise you are not too tired, try doing one more repetition.
- Try not to pause more between exercises. 5 second.

RESULTS IN T O R O G O R O V N I

Strengthening and strengthening the abdominal muscles and lower back. Increase endurance with aerobics.
Weight loss while increasing training intensity.

An influx of strength and energy through fitness and a balanced diet.

LIFTING STRAIGHT LEGS AND PELVIS Lying

ATTENTION,

PREPARED:

Lying on the back, stretch your arms along the body with your palms to the floor, and hold your slightly bent legs at a right angle. Use hands like support, relaxing the neck.

STARTED:

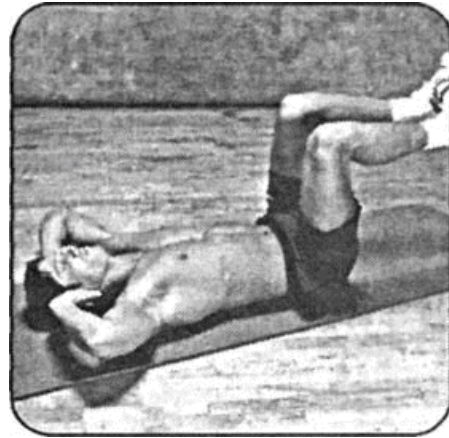
Using the lower abdomen, lift the pelvis off the floor and lift it up. Hold on for a few seconds.

Then slowly and gently lower the pelvis and return to the starting position. As soon as the pelvis touches the floor, start a new iteration.

ADDITIONAL FOR EXPLANATION I

- Raise the pelvis with the lower abdomen, rather than pushing it out with your feet.
- Use your hands only for balance. and don't push your body up.
- At the highest point of the positive phase of the exercise, pause. The longer it is, the more the lower section of your abs will work.

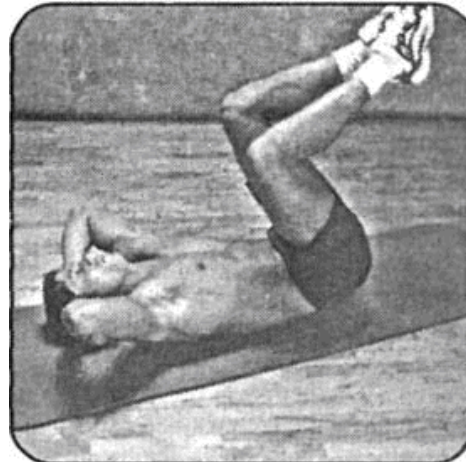
Raising the bent legs and pelvis from a lying position



ATTENTION, PREPARED:

Lying on your back, relax your neck, then place both hands under your head. Raise your legs and bend your knees at a right angle so that your legs are parallel to the floor and your thighs are perpendicular.

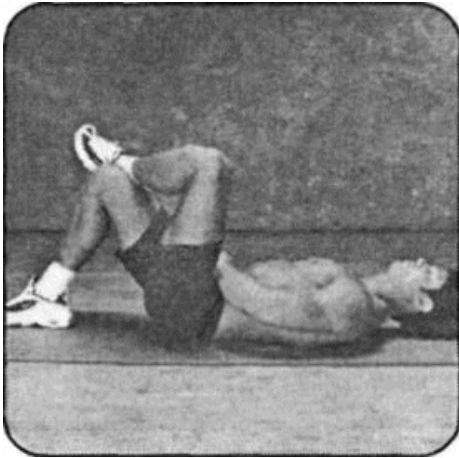
STARTED:



When using your lower abdomen, try to lift your pelvis and pull it forward. Then slowly lower your pelvis and return it to its original position. Repeat the exercise the specified number of times.

DOPOLNITELNEPOISNENI

- Make sure your lower abdominals are working properly. If you roll up and down with the impulse force, you are not doing the exercise correctly, and there will be little benefit.
- Don't flop to the floor in the negative part of the exercise and do not lower your shins down.
- Keep constantly in the tension of the muscles of your abdominal press.
- Use your hands only for balance. and in any case do not push yourself with them.
- Keep your neck relaxed.

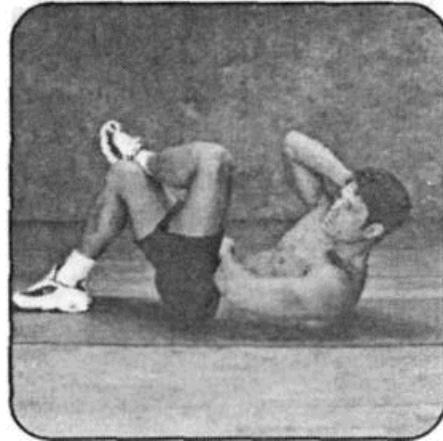


LIFTING
THE TORSO TO THE SIDE
FROM THE Lying POSITION

ATTENTION,
PREPARED:

Lying on your back, bend your right leg at the knee and place your left leg on it so that its lower leg is once placed on the knee. Place your right hand behind your head and pull your elbow to the side. Place your left hand on your belly at your waist.

STARTED:

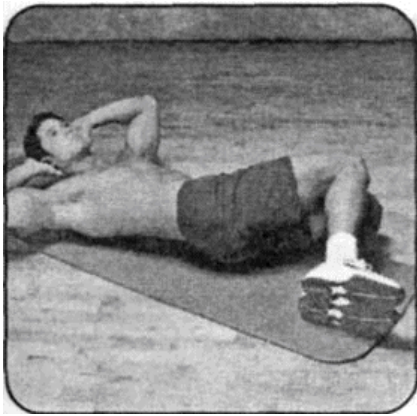


Using right obliques of the abdominal muscles, lift your right shoulder and bend over to the left knee. Then slowly return your shoulder back to its original position. As soon as the shoulder blades touch the floor, repeat all over again.

After completing the desired number of repetitions, change the leg and arm. Now your left leg is under your right, your left arm is behind your head, and your right is at your waist. Do the same number of repetitions while lifting your left shoulder to the right knee.

D O P O L N I T E L N S E P O I S N E N I I

- Make sure your torso really curves along toward the knee, and you're not just moving your elbow or shoulder. Keep your knee stationary, do not pull it towards your shoulder.
- Feel the tension of the oblique muscles on the side you are training. In addition, you will also feel how your upper abdomen is working.
- Slow and carefully do the positive and negative parts of the exercise, do not make convulsive movements to complete the repetition.



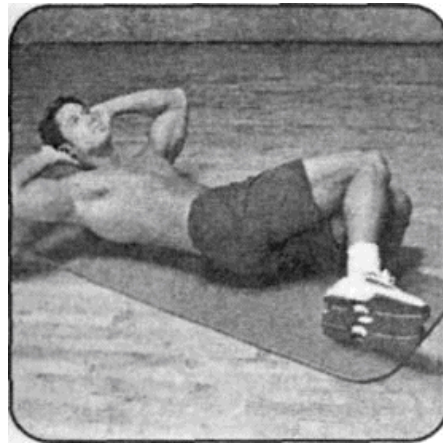
THE SIDE

Lying TORSO LIFTING TO BENT LEGS ON

ATTENTION, PREPARED:

Lying on your back, bend your knees and place them to the left. Put your hands behind your head, relax those neck.

STARTED:



Using the right oblique muscles of the abdomen, lift the shoulder blades off the floor and lift the chest towards the pelvis. Hold on for a second.

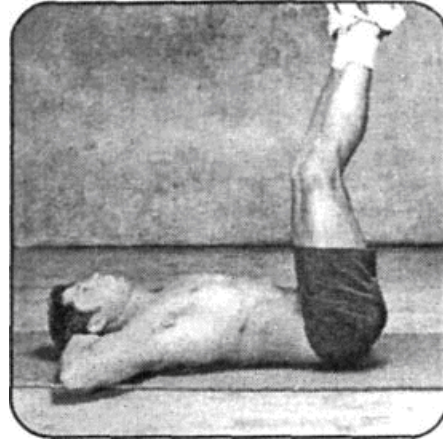
Then slowly and gently return your shoulders to their original position. As soon as your shoulder blades touch the floor, repeat the exercise.

When you complete the required number of reps on the right side, change position and work out the left side. Repeat on the left side the same number of reps as on the right.

DOPOLNITELNSEPOISNENI I

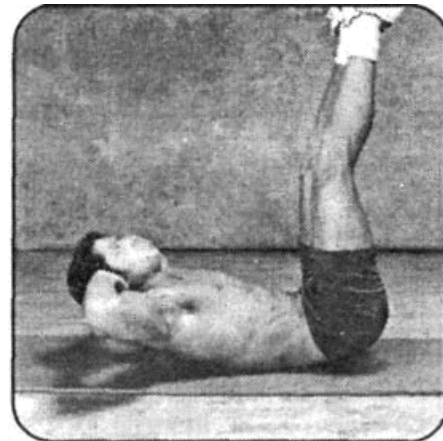
- If your upper leg moves away during the exercise to the side, get into a more comfortable position so that your legs are as close together as possible.
- Keep your shoulders parallel to the floor throughout the exercise.
- You should feel the tension of the rectus muscle. and oblique muscles on the side you are training.
- Make sure that when you are tired, you do not perform the movement with only one shoulder, lifting only it off the floor. At the beginning of the repetition, make sure that the abdominals are lifting both shoulders.

LIFTING THE TOP OF THE TORSO IN THE POSITION OF THE LEG AT A RIGHT ANGLE



ATTENTION, PREPARED:

Lying on your back, raise your slightly bent legs perpendicular to the floor. Put your hands behind your head relax neck.



STARTED:

Using your upper abdominals, lift your shoulder blades off the floor and lift your ribcage towards your pelvis. Hold on for a second.

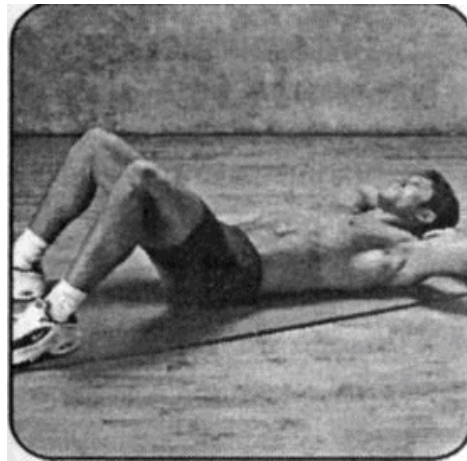
Then slowly and gently lower your shoulders to the starting position. As soon as

the shoulder blades touch the floor, repeat the exercise.

D O P O L N I T E L N S E P O I S N E N I I

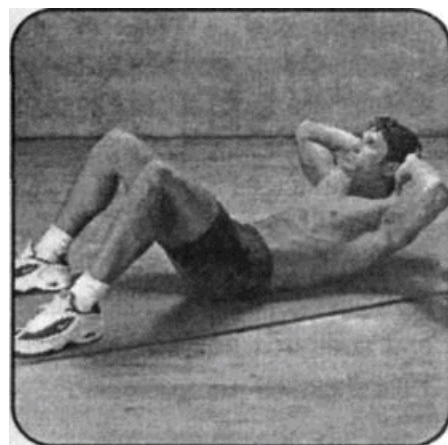
- Watch your feet closely with each rep.
- If you find it difficult to keep your legs strictly perpendicular to the floor, you can do the exercise next to a wall. and lean your feet on it. This makes the exercise a little easier, so do this only for warm-up or until you can keep your legs upright.

LIFTING THE TOP OF THE TORSO FROM Lying POSITION



ATTENTION, PREPARED:

Lying on your back, bend your legs in knees, wind up hands behind the head, relax your neck.



STARTED:

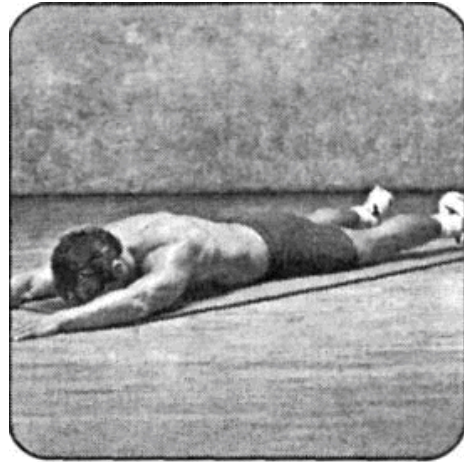
When help from the upper department abdominals tear off from the floor of the shoulder blade and lift the chest towards the knees. After reaching the maximum, hold on for a second.

Then slowly and gently lower your shoulders back to the starting position. As soon as the lo patcha touches the floor, repeat all over again.

D O P O L N I T E L N E P O I S N E N I

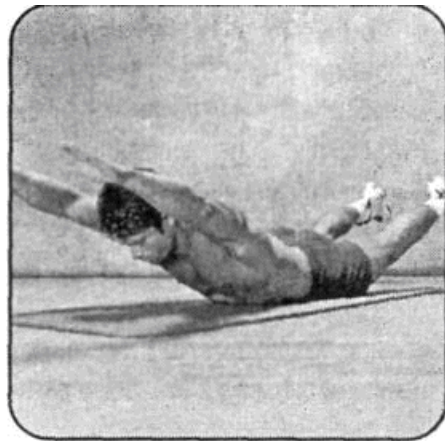
- Make sure your shoulder blades come off the floor every time and you don't just move your head and neck back and forth.
- Come up and descend slowly and gently, without using a convulsive force, to complete the rep.
- Keep your abdominal muscles consistently in tension, not allowing them to relax at the end of the negative phase.
- At the highest point of the positive phase after the end of exhalation, pause for a moment to maximize the load on the abdominal muscles.

Raising your arms and legs while lying on your stomach



ATTENTION, PREPARED:

Lying face down on the floor down, you pull your arms and legs parallel to your body. Spread your legs shoulder-width apart. Put your hands, palms down.



STARTED:

Lift up arms and legs up to maximum height in a pose reminiscent of superman flight. Hold for 3 seconds.

Then slowly and carefully put your hands down and legs, returning them to their

original position. As soon as they touch the floor, repeat the exercise.

D O P O L N I T E L N S E P O I S N E N A N D I

- Head and the neck should rise with the torso, do not let the neck bend back. Keep the neck in a fixed position relative to the shoulders throughout the entire exercise and move only with them.
- Just like doing the lower back exercise on the first level, you will feel tension in the gluteal muscles. and the popliteal joint.
- Try to linger at the highest point of the positive phase of the exercise for as long as possible. The harder your lower back is, the better your posture will be.

POTENTIAL DIFFICULTY AND SECOND ABOUT LEVEL I

- Why I don't see any changes in my abdominals? The answer to this question is it is in two parts. First, you are purposefully building muscle with abdominal exercises, but you are unlikely to seriously expect results to appear in the blink of an eye. The basic program is designed for painstaking work for at least 6 weeks. Your strength and endurance increase much faster (you've probably already noticed this), but it takes 6 to 8 weeks to see significant changes in muscle volume.

Second, you seem to haven't done enough to reduce body fat around the waist. Increase the number and intensity of aerobic exercise, eat a more balanced diet, and long-awaited muscles will show through under the melted fat deposits.

- The exercises on the second level are not much more difficult than on the first. Why can't you keep doing the previous level exercises just by increasing the reps?

We agree that the exercises are harder at the second level. However, this is the essence of the principle of construction of muscle. You must constantly look for new ways to develop muscles, otherwise they will simply stop developing. Moreover, they may even begin to degrade.

If you continue to do the same exercises, your body will get so used to it. to them, which will begin to spend less effort, the muscles will work less and less, as a result of which you will begin to lose what you have already gained.

► New ways muscle development can be very diverse. This is work with weights, and an increase in the number of repetitions, and

POTENTIAL DIFFICULTY AND SECOND ABOUT LEVEL I

▶barking jerk with the lower back.

breaks between exercises changes, changing their sequence. You can replace exercises or add new ones. However, you should not worry about this, we have covered everything in the main program.

- When performing a torso lift to the side from a prone position or lifting the torso while lying to the bent legs on the side, I involuntarily de

How can you avoid this?

When exercising, limit the range of motion: stop abruptly in the place where you feel the jerk. In addition, remember to do the stretch minks described in Chapter 6 after you complete your abdominal workout. Ultimately, you must develop sufficient lower back flexibility to perform these exercises correctly.

AEROBICS COMPLEX INCREASE LOAD

It's time to take aerobics seriously. At the second level, you must increase the time during which you are exercising in the target heart rate zone, as well as the total training time. Thanks to this, you will notice changes pretty soon.

As the amount and time of exercise increases, your waistline will begin to shrink. Then you will notice that you sleep much better at night, because you get tired of training, and in the morning you get up full of strength and energy, which has not been with you for a long time

happened. You are now logged in into a normal healthy life cycle: sleep better and feel stronger. How do you like it?

Below is an aerobics plan for your third week. During this week, you should exercise 3 times for 24 minutes, taking at least a day's break between workouts.

- 5 minutes at an easy pace
- 6 minutes at target pace
- 2 minutes at an easy pace
- 6 minutes at target pace
- 5 minutes at an easy pace

Increase each aerobic activity to 28 minutes in week four and train according to the following scheme:

- 5 minutes at an easy pace
- 8 minutes at target pace
- 2 minutes at an easy pace
- 8 minutes at target pace
- 5 minutes at an easy pace

HOW TO ACHIEVE THE GOAL

On the first level, you learned on the benefits of simple aerobics such as walking, jogging, cycling, and swimming. All of this remains true for Level 2, but now you must work out a strategy that will help you quickly reach your target heart rate zone, stay there for the required time, and then calmly and correctly exit it.

There are several easy ways.

Walking / jogging. Walking within the first 5 minutes. Starting from the 3rd minute, increase your speed, feel that your breathing has quickened. Start moving your arms to increase the speed even more. After 5 minutes, go jogging and enter your target heart rate zone. Then go back to walking. Repeat these transitions throughout your aerobics session.

Bicycling. There are two ways to switch while cycling from an easy pace on the target left: pedal faster or, if you are on a stationary bike, switch the mode to a stronger load.

Swimming. Swimming in the pool, go to breaststroke and enter the target area, then return to freestyle.

Trainers. In our case, simulators have both their pros and cons. Of course, you deprive yourself of fresh air (or the wonderful scent of chlorine vapor if you are swimming in the pool), but you get a device in your hands with which you can very easily increase or decrease the intensity of exercise. Just press a button or slide that lever and the mechanism will start working faster.

Most useful is the treadmill, which saves you the trouble of stopping at intersections in front of traffic lights, putting on two sweaters in winter, and overtaking slower swimmers on the pool track.

РЕЖИМ ПИТАНИЯ

HOW TO FIND OUT WHAT YOU ARE EATING

All our food consists of three main types of substances - carbohydrates, proteins and fats. Science is established

I discovered that our body needs all of them, however, the proportion in which they should be consumed has become the most controversial issue in nutritional design.

Let's take a closer look at each of these components so that you can figure out why names are needed, but, based on this, make up the correct diet.

Protein

The main purpose of proteins, which are actually amino acids - building and repairing muscles.

Problem. Weight Loss People They are thought to need a huge amount of protein to build muscle and double or even triple the normal recommended intake.

Some dietary experts advise eating a large amount of protein because it is extremely difficult for the body to convert protein into fat. Of course, the body can use protein as a source of energy, but this is also quite difficult. It should be immediately explained that this method is the most difficult and difficult way to get rid of excess weight, since excess protein is excreted directly from the body in an unprocessed form.

On the other hand, nutritionists believe that almost all people consume too much protein, which enters the body with fat-rich foods such as hamburgers, cheeses, creamy sauces and eggs.

True. If you do a lot and that it is especially important that you do exercises with weights

-

mi, then you can safely eat 7-10 g of protein for every 5 kg of body weight per day.

The best way to eat the right amount of protein - Eat lean meats, fish, eggs, beans, and low-fat dairy products. If you are very busy at work to run around and look for low-fat, high-protein foods for lunch, you can use protein supplements. Of course, no matter what the package says, these supplements are not miraculous, but they can help you get your daily protein intake.

Fats

The main purpose of fats - regulation of body temperature, protection of internal organs, helping in the breakdown of vitamin E, which protects the cells of the body from environmental influences, adjusting the level of hormones such as testosterone. In addition, fats provide the body with the energy you use throughout the day.

Product	Serving size	number	protein r s,
Tuna	180 g	45.0	
Chicken breast	120 g	36.0	
Frozen beans	1 cup	15.0	
Boiled broccoli	1 cup	5.8	
Coarse bread	2 slices		

Problem. One of the

most common opinions about obesity is that the names

but the consumption of fat adds extra pounds to us. This makes some sense, since the energy value of 1 g of fat is approximately 9 calories, while a gram of protein or carbohydrate is only 4 calories.

A food rich in carbohydrates or protein contains fewer calories than a food of the same weight but rich in fat, and therefore it is unlikely to have a very negative impact on your figure.

In theory everything is correct, but in practice very different results are obtained. Americans are diligently replacing all fat-containing foods with carbohydrate-rich dietary equivalents, but the number of obese people in the United States continues to increase.

Moreover, special studies have found that low-fat diets based on foods high in carbohydrates are fatal to humans. with some diseases. Other research has shown conclusively that people who eat a Mediterranean diet rich in fat are much healthier than average Americans who eat low-fat foods.

C O D E R F A N I E F I R O V

Product	Serving size	The amount of fat	r
Sandwich with roast beef	1 sandwich	13.8	
Scrambled eggs	From 1 egg	7.3	
Donuts	1 donut	10.8	
Pork sausages	1 piece	1.6	
Cheddar cheese	30 g	9.0	

True. Your body constantly needs in fats, which must be included in your diet. In addition to performing vital functions, fats will help you feel stronger than on a strict carbohydrate or protein diet.

However, you must understand that there are three main types of fat. *Monounsaturated fat* contained in nuts, seeds, avocados, olives, wheat, olive, peanut and other vegetable oils. All of these fats are part of the Mediterranean diet and can raise the level of good cholesterol (high density lipoprotein), which lowers the risk of heart disease, and lower the level of bad cholesterol (low density lipoprotein) without raising total blood cholesterol.

Polyunsaturated fats contained in salmon-type fish; and corn and sesame oil. They also lower the risk of heart disease by lowering the level of very low density lipoprotein, the most dangerous of cholesterol.

Fats high in saturated fatty acids contained in eggs, meat, dairy products, lard, coconuts, palm and coconut oil. There is nothing good to say about fats high in saturated fatty acids. A study was conducted in which it was found that people who ate foods rich in fats and high in saturated fatty acids were more likely to suffer from heart disease. In Finland, who consume 22.7 percent of all their calories from fat with saturated fatty acids, 28.8 percent of all deaths are attributable to heart disease. On the contrary, the inhabitants of Japan,

who only receive 3.8 percent of their calories come from fats high in saturated fatty acids, only 4.5 percent die from heart disease.

Your main goal is in reducing the amount of fat in your diet high in saturated fatty acids, replacing them with unsaturated ones. There are the following ways to do this:

- Consume Eat low-fat dairy products and lean meats.
- Eat as much fish as possible, at least twice in Week.
- Cook in vegetable oil, replacing it with cream, margarine and lard.

Carbohydrates

Carbohydrates are the most important source of energy for the body.

Problem. Since the processing of carbohydrates Is the easiest way your body gets energy, nutritionists agree that foods high in these components should make up a large part of our diet.

The problem is is that foods containing only carbohydrates do not provide the desired feeling of fullness. You may be surprised to find that when you open a packet of low-fat, high-carbohydrate cookies, you can't get enough of one or two. The same applies to all such products.

Instead of one bun, you eat three at once, which you would never have done if they are normal or

high fat content because it would be eaten immediately.

In addition, carbohydrates have another unpleasant property: they delay in the body from waste water, with which bodybuilders fight so fiercely. If you reduce your intake of carbonated water, you will immediately lose a few pounds of fluid and look slimmer. However, this method is ineffective. Those who have followed a low-carb diet may report that when they returned to normal food, they immediately gained the lost pounds and put on new ones.

True. Carbohydrates do not create body fat by themselves, but may cause overeating, if you consume only them, sharply reducing the amount of fats and proteins in the diet. Overeating inevitably leads to obesity.

The solution to the problem is in the following. You need to eat more complex carbohydrates than simple ones, or at least try to keep them in the diet equally.

Complex carbohydrates split in the body more slowly, providing a sustainable source of energy. Similar carbohydrates are found in vegetables, wholemeal wheat bread, cereals, beans, and pasta.

Simple carbohydrates break down quickly. They are found in dairy products (lactose), fruits and fruit juices (fructose), honey and sugar (sugar rose). Dairy products and fruits are very healthy and should be included in your diet. Remember, though, that sweet things are a source of calories.

SMALL EXPERIMENT

There are several ways to properly formulate your diet so that your diet includes all of the described ingredients and is balanced.

- Divide your diet into two parts: one half will be foods rich in carbohydrates, and the other is protein and fat-rich foods. This is the simplest, albeit completely unscientific, way to get enough protein through your diet.
- Make sure your plate is not filled to the brim, and the food did not lay on top of each other. This will help you adjust your portion sizes.
- Wait half an hour after eating. If you still feel hungry, eat something else. But if you try to cope with a mild feeling of hunger and wait for the next scheduled meal, you can reduce the amount of food you eat, because feeling hungry is in many ways just a habit of overeating.

ACHIEVEMENTS E RESULTS

THIRD LEVEL

The third level will require a lot of effort from you, but by the time it is completed you will see serious changes in your abdominals. Than is the new level different from the previous ones?

- You will now do nine abdominal exercises and one exercise for the lower back.
- Aerobics classes increase to 30 minutes and are held three times a week, including 20 minutes in the target heart rate zone.
- You will need to consume enough protein to help build muscle mass.

WORKOUT RECOMMENDATIONS FOR THIRD LEVEL

- Study the three new exercises thoroughly abdominal muscles and one exercise to stretch the back muscles.
- Train four times per week until you can complete the specified number of repetitions of each exercise.
- Do one set of each exercise.
- During the first workout, do 12 repetitions of each exercise and gradually increase the number over the course of the week. In the second week, start with 14 repetitions of each exercise and gradually work up to 15.
- Pause between exercises 5-30 seconds.

If some exercises are too difficult, repeat the second level, which works the same abdominal areas, but increase the number of repetitions recommended on the previous pages.

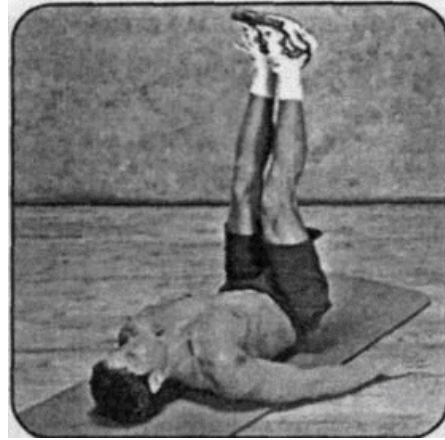
RESULTS OF THE THIRD LEVEL

The strength and endurance of the abdominal muscles will increase, and their size will also increase significantly.

Aerobics will help your heart and lungs work much more efficiently.

The increased load will quickly destroy those extra pounds.

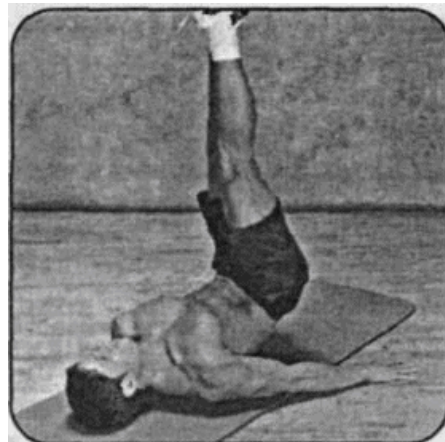
"BEREZKA"



ATTENTION, PREPARED:

Lying on your back, extend your arms along your body with your palms on the floor, using them as support. Raise those slightly bent legs at right angles. Relax your neck.

STARTED:



When using the lower abdomen, lift the pelvis off the floor while lifting your legs up. In this movement, turn your pelvis to the right. Hold on for a second.

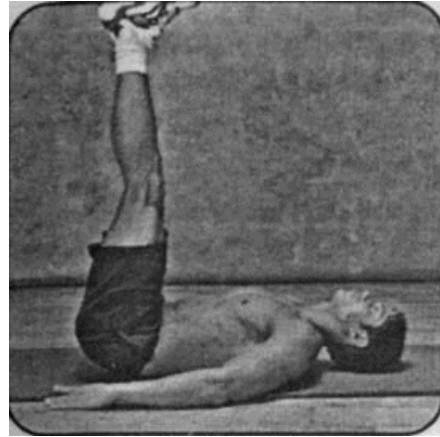
Then slowly and gently lower the pelvis to its original position. As soon as the pelvis touches the floor, repeat the exercise, turning it to the left. Two lifts with a turn in

opposite directions are considered one repetition.

DOPOLNITELNEPOISNENI

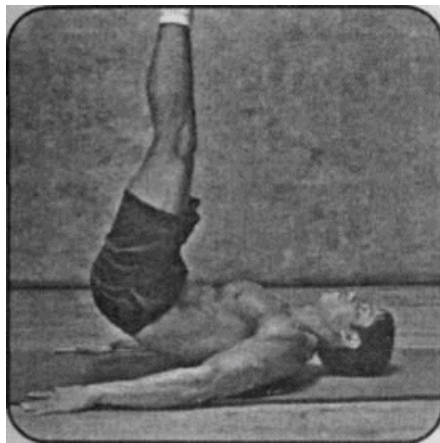
- At each workout, change the side in which you turn your pelvis once: if on the first you first turned to the right and then to the left, then on the second - vice versa.
- At the highest point of the positive phase, pause for a second.
- Don't use your legs to lift your pelvis, even if you need to pause between reps. Do each repetition slowly and neat.
- Use your hands only to maintain balance, do not help them to lower or raise the pelvis.

LIFTING STRAIGHT LEGS AND PELVIS Lying



ATTENTION, PREPARED:

Lying on your back, stretch your arms along the body with your palms to the floor, underneath your slightly bent legs at a right angle. Use your hands as support, relaxing the neck.



STARTED:

When using the lower abdomen, lift the pelvis off the floor and lift it up. Hold on for a few seconds.

Then slowly and gently lower the pelvis and return to the starting position. As soon

as the pelvis touches the floor, start a new onereiteration.

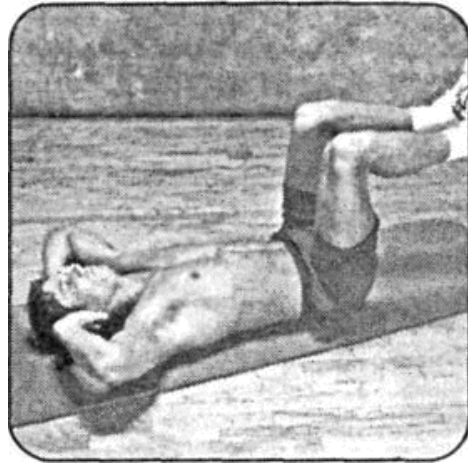
D O P O L N I T E L N S E P O I S N E N I I

- Raise the pelvis with the lower abdomen, rather than pushing it out with your feet.
- Use your hands only for balance. and in any case do not push your body upward with them.
- At the highest point of the positive phase of the exercise, pause. The longer it is, the more the lower section of your abs will work.

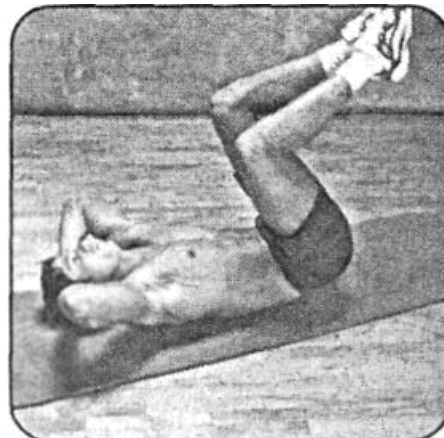
LIFTING BENT LEGS Lying down

ATTENTION, PREPARED:

Lying on your back, relax



neck, then wrap both hands under the head. Put your feet up and offbend them at right angles at the knees so that the legs are parallel to the floor and the thighs are perpendicular.



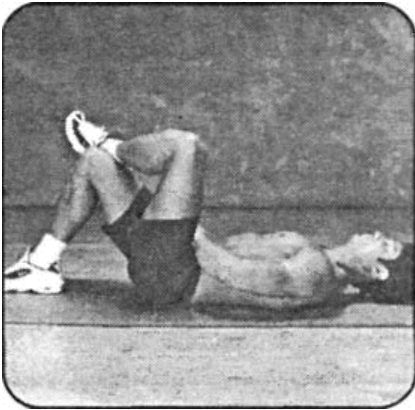
STARTED:

Use your lower abdomen to try to lift pelvis and pull it forward. Then slowly lower the pelvis and return it to its original

position. Repeat the exercise for the specified number of times.

D O P O L N I T E L N S E P O I S N E N A N D I

- Make sure your lower abdominals are working properly. If you roll up and down with the impulse force, you are not doing the exercise correctly, and there will be little benefit.
- Do not slap your pelvis to the floor in the negative part of the exercise and do not lower your shins down.
- Keep your abdominal muscles tense at all times.
- Use your hands only to maintain your balance and never push yourself with them.
- Keep your neck relaxed.

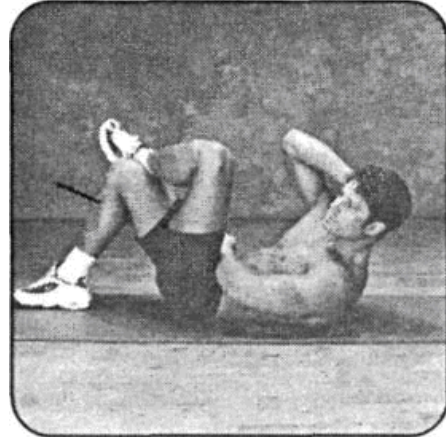


**LIFTING THE TORSO
TO THE SIDE FROM THE Lying POSITION**

**ATTENTION,
PREPARED:**

Lying on your back, bend your right leg at the knee and put your left leg on it so that its lower leg is once placed on the knee. Place your right hand behind your head and pull your elbow to the side. Place your left hand on your belly at your waist.

STARTED:



Using your right obliques, lift your right shoulder and bend over to your left knee. Then slowly return your shoulder back to its original position. As soon as the shoulder blades touch the floor, repeat all over again.

After completing the required number of repetitions, change your leg and arm. Now your left leg is under your right, your left arm is behind your head, and your right is at your waist. Do the same number of

repetitions while lifting your left shoulder to the right knee.

D O P O L N I T E L N S E P O I S N E N I I

- Make sure that your torso really bends towards the knee and that you are not just moving your elbow or shoulder. Keep your knee stationary, do not pull it towards your shoulder.
- Feel the tension of the oblique muscles on the side you are training. In addition, you will also feel how your upper abdomen is working.
- Slowly and carefully do the positive and negative portions of the exercise, do not jerk to complete the repetition.

LIFTING THE TORSO TO BENT LEGS Lying ON THE SIDE

ATTENTION, PREPARED:

Lying on your back, bend your knees and place them to the left. Put your hands behind your head, relax those neck.

STARTED:

Using the right oblique muscles of the abdomen, lift the shoulder blades off the floor and lift the chest towards the pelvis. Hold on for a second.

Then slowly and gently return your shoulders to their original position. Repeat the exercise as soon as your shoulder blades touch the floor.

When you have completed the required number of repetitions on the right side, change the position and work on the left side. Repeat on the left side the same number of reps as on the right.

D O P O L N I T E L N S E P O I S N E N I I

- If during the exercise, the leg on top moves to the side, take a more comfortable position so that the legs are as close as possible.
- Try to keep your shoulders parallel to the floor during the exercise.
- You should feel the tension of the rectus muscle. and oblique muscles on the side you are training.
- Make sure that when you are tired, you do not perform the movement with only one shoulder. At the beginning of the repetition, make sure that the abdominals are lifting both shoulders.

LIFTING THE TORSO TO THE SIDE

With outstretched arms lying down

ATTENTION, PREPARED:

Lying on your back, bend your knees, raise your arms and stretch them towards your legs.

STARTED:

With the help of muscles lift your torso up and to the side with your right shoulder toward your left knee so that both hands touch the outside of your left knee. Imagine that you are trying to catch a thrown ball. Hold on for a second.

Then slowly and gently return your shoulders to their original position. As soon as the shoulder blades touch the floor, repeat the movement, turning to the right side, lifting the left shoulder to the right knee. Two turns in opposite directions counts as one rep.

D O P O L N I T E L N S E P O I S N E N I I

- Since you are moving your torso diagonally, your abdominal tension should not be the same as when you lift your torso straight or to the side to the legs bent at the knees. The use of different directions of movement and angles of inclination is the method of further development of the abdominal muscles.
- Since your head remained without support, you may feel a strain on your neck. If this feeling is causing you severe discomfort, you can place one hand behind your head.

LIFTING THE TOP OF THE TORSO With outstretched arms, lying (legs at a right angle)

ATTENTION, PREPARED:

Lying on back, lift your slightly bent legs at a right angle. Raise your straight arms uprelax neck.

STARTED:

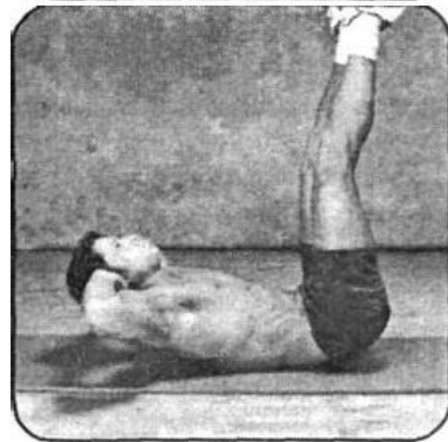
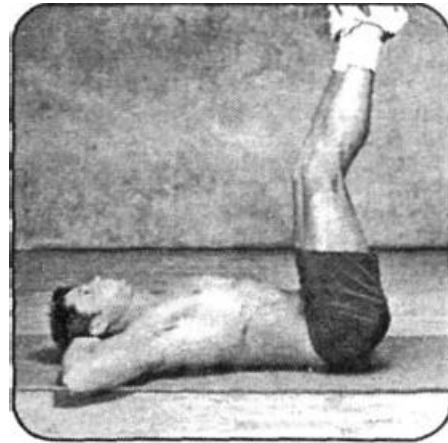
Use your upper abdomen to lift chest towards the pelvis, at the same time lift the shoulder blades off the floor and try to reach the toes with your fingertips. Hold on for a second.

Then slowly and gently lower your shoulders to the starting position. As soon as the shoulder blades touch the floor, repeat the exercise.

DO POLNITELNEPOISNENI

- If cannot touch the socks with your fingers, bend as far as possible. Gradually, the range of motion will increase and you will complete the exercise.
- If If you find it difficult to keep your legs strictly perpendicular to the floor, do the exercise next to a wall and lean on it with your feet. The exercise is simplified, so do this only for warm-up or until you can hold your legs on your own.
- You can vary the exercise by trying to reach the toe of only one leg with both hands. This will force both the upper abdominals and the obliques to work. In this case, an equal number of repetitions should be performed on each side.

LIFTING THE TOP OF THE TORSO Lying (LEGS AT A RIGHT ANGLE)



ATTENTION, PREPARED:

Lying on your back, lift your slightly bent legs perpendicular to the floor. Put your hands behind your head, relax your neck.

STARTED:

Using your upper abdominals, lift your shoulder blades off the floor and lift your ribcage towards your pelvis. Linger for a second.

Then slowly and gently lower your shoulders to the starting position. As soon as

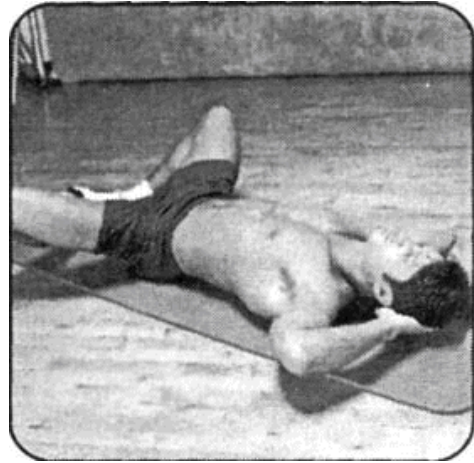
the shoulder blades touch the floor, repeat the exercise.

D O P O L N I T E L N E P O I S N E N I

- Watch your feet closely with each rep.
- If it is difficult for you to keep your legs strictly perpendicular to the floor, you can do the exercise next to a wall and rest your feet on it. This makes the exercise a little easier, so do this only for warm-up or until you can hold your legs upright.

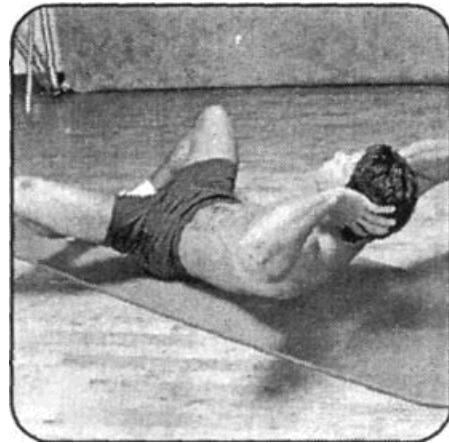
LIFTING THE UPPER PART OF THE TORSO

Lying Lying With Fitted Legs



ATTENTION, PREPARED:

Lying on your back, maximum spread the legs bent at the knees. Place your hands behind your head and relax your neck.



STARTED:

Using the upper section abdominal lift your ribcage towards to the pelvis, while lifting the shoulder blades off the floor. Hold for a few seconds.

Then slowly and neat drop your shoulders to the starting position. As soon as the

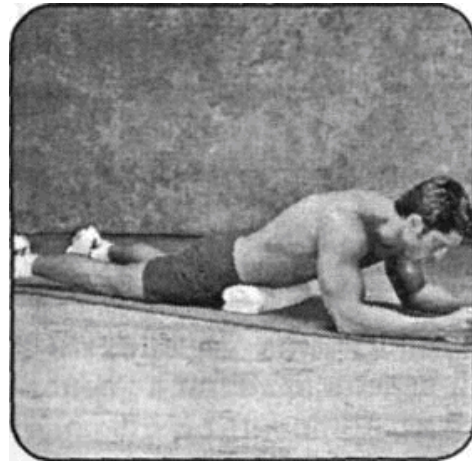
shoulder blades touch the floor, repeat the exercise.

DOPOLNITELNEPOISNENI

- Make sure that between the chin and the chest maintained a distance equal to the fist. When you're tired, you can easily break your distance, overload your neck, and start helping yourself with your head.
- To keep the distance between the chin and with your chest, focus your gaze on the ceiling.
- This is a great exercise for getting a feel for your abdominal muscles. You can significantly increase the load on them if you stay longer at the highest point of the positive phase, for 2-5 seconds.

LIFTING THE TORSO

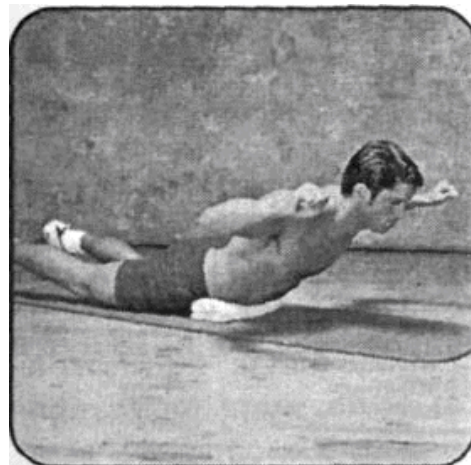
Lying with his belly on the roller



ATTENTION, PREPARED:

Lying on the floor, face down, under lay down under the belly at the waist level parallel to the shoulders a roll of towel. Raise your torso and lean on your bent elbows.

STARTED:



Spreading bent at the elbows of the arms to the side, slowly raise them, maintaining a fixed position of the torso. Linger on a few seconds as indicated in the supplemental explanations for the exercise.

Then slowly and gently return your hands to their original position. Feel the lower back loosen up and repeat the exercise.

- First, do four repetitions of the exercise, lingering at the highest point of the positive phase for 4 seconds. Gradually increase the number of repetitions until you reach six. Then decrease to five, but increase the delay time to 5 seconds. Bring the number of repetitions to seven with a 5 second delay.
- If the bottom your back is sufficiently developed, you can independently increase the delay until you feel that your muscles are really getting the right load.
 - i Maintain a fixed neck position throughout the exercise.
- Breathe evenly and right.

ATTAINMENT RESULTS

Are you ready to take it to the next level? Perfectly. At Level Three, your cardiovascular training will finally reach the standards set by the American Institute of Sports Medicine. They involve exercising at least 30 minutes three times a week, including 20 minutes of target heart rate training.

We've designed a 32-minute workout program for you during the fifth week of the basic program. The scheme of this training is as follows:

- 5 minutes at an easy pace
- 10 minutes at the target pace
- 2 minutes at an easy pace
- 10 minutes at the target pace
- 5 minutes at an easy pace

In the sixth week, doing the third level, each time you will train for 20 minutes in the target heart rate zone according to the scheme:

- 5 minutes at an easy pace
- 20 minutes at the target pace
- 5 minutes at an easy pace

HOW TO ASSESS THE EFFICIENCY OF YOUR ACTIVITIES AEROBIC

Do not try to measure your heart rate during aerobic exercise: you will surely go astray with rhyth ma. While cycling, a similar attempt

may end in a small but very sad road accident.

Even if you use a wrist-based blood pressure monitor, there are several factors that can affect the readings of the device.

- Your sweat or electronic fields can change the reading on the meter.
- If you have drunk coffee or have taken a medication containing ephedrine, your heart rate may be above normal already before training.
- Extreme heat or humidity can also increase your heart rate.
- Some heart or hypertension medications can lower your heart rate, which would normally be higher during exercise.

In addition, regardless of the type of blood pressure monitor you are using, it is possible that the above formula for calculating your target heart rate zone does not apply to you for a number of individual characteristics of your body. As already mentioned in the description of the first level, this formula is fully acceptable only for 60 percent of the population.

For the remaining 40 percent, among which you may well be and you, the real maximum rate will be as much as 30 beats per minute higher or lower.

So, if you are 30 years old, according to the formula, your maximum heart rate is 190 beats per minute. However, the truth

POTENTIAL E DIFFICULTY AND THIRD ABOUT LEVEL I

- It seems to me that good intense training is interspersed with with the bad weak.

A whole chapter could be filled with explanations of why training cannot go smoothly and periods of recovery are followed by recessions. There are a number of reasons for this.

1. You ate too little pre-workout and hunger. This is very unhealthy as your body will draw energy from the protein in your muscles.

Available and another option: you overeat before training. This is also bad. An overflowing stomach makes you feel sluggish and also reduces the release of muscle-building hormones, which can seriously affect your training performance.

We recommend using Eat protein and carbohydrates 1-2 hours before exercise and try to avoid mixing them with fats.

2. You are at under stress, so your body produces the hormone cortisol, which neutralizes another hormone, testosterone, which plays a major role in muscle building. (In addition, cortisol inhibits the reduction of body fat around the waist and thus negates all your attempts to build perfect abs.)

3. You did not have time to properly recover from your last workout. Let's say you did your best workout on Monday. When you came back to the gym on Wednesday, it turned out that you are not able to do the same number of repetitions of almost all exercises that you did in the last workout. Likewise, your body signals that it needs an extra day to recover. Than you are old

POTENTIAL E DIFFICULTY AND THIRD ABOUT LEVEL I

she, the more likely it is that something like this will happen. If you are over 40, it will most likely take not one, but two days to recover between workouts.

Muscle recovery also includes Get good, valuable sleep every night and eat well to provide your body with balanced nutrients every day.

- When my workouts get longer I notice that I am out of rhythm. Then I start thinking about how to change my diet and find additional stimuli.

Everyone in their own way tries to focus on training. One of the best ways to maintain concentration is to stimulate before each workout. That is why new stimuli are included in the main program for each workout. River for you

I should always try do one more repetition of each exercise. We add new exercises for you every two weeks.

You you can successfully apply this method to any other type of warm-up you do. If you do weights, it is recommended that you do more reps for each workout, or use a higher weight for each exercise.

If you are running, try increasing your speed or taking a new route.

Set new goals before each workout to help you find incentives and focus on doing each exercise correctly.

the indicator can be 160 or 220 beats per minute.

However, there is no cause for concern. We would not tell you about this problem without a ready-made solution. The Easiest Way to Control Your Aerobic Exercise is a method of perceiving physical effort, in which you yourself assess your condition during exercise on a ten-point scale.

Given on p. Table 137 shows 10 degrees of perception of physical effort during training. In Level 3 aerobics, your goal is to work at a level of 4-5 points, which roughly corresponds to the target heart rate zone.

However, have meaning that this is an approximate task. By running the same distance at the same speed every day, you can achieve different scores for each run. On one day it will be 4 points, on the second - 6, on the third - 5 points.

This is completely normal. Your goal is to make sure you get the exact amount of exercise you need. It is not at all necessary to do time runs and set records, leave that to the professional sports shifts.

CALORIE OVEN

By now, you're probably trying to figure out exactly how these exercises affect your waist size. You know perfectly well that the most important thing when doing abdominal exercises is the amount of calories you burn.

13 6 _ MAIN PROGRAM

DEGREE OF PH AND G I C H E S LOAD AND

Points	Degree of difficulty	Breath	Ability to speak	% of maximum load
1	Very easy	Normal	Until they stop	35.0
2	Easy	Almost normal	Normal	45.0
3	Easy, but felt exercise stress	Convenient	No problem so far	55.0
4	A little hard	A little deep	Maybe, but with small problems	65.0
five	Difficult	Deep, but slow	Can say only the name rank and personal number	75.0
6	Between hard and very difficult	Deep and slightly accelerated	Can say only the name	85.0
7	Very hard	Deep and frequent	You can only pronounce your initials	90.0
8	Too difficult	Very deep and very frequent	Only hum	95.0
nine	Almost impossible	Dyspnea	Pant	97.5
ten	Maximum all possible effort	Breathe practically impossible	It's impossible to puff	100.0

There is a special formula by which you can calculate how many calories are burned during an hour of training in one or another type of aerobics.

First, weigh yourself, then divide your weight in kilograms by 1.12. After that, multiply the result obtained by the metabolic value of this type of aerobics, which is given in the table "Degree of difficulty of the exercises." Result and will be the number of calories you burn during one hour of exercise.

РЕЖИМ ПИТАНИЯ

BUILDING MATERIAL FOR MUSCULATORS

Until that time you had enough incentives to rethink your food intake and change your diet so that a balanced meal can help you lose weight and build muscle. Now you need to change your diet again to provide your body with enough protein to build muscle.

To this end, at the second level of the basic program, we recommended that you consume 7-10 g of protein for every 5 kg of body weight. To determine if you are meeting your daily allowance, add the amount of protein in all the foods you eat each day. To do this, you need to look at the packaging, which always indicates the protein content in the product.

DEGREE TRUDNOSTI UPRAWNENI

Kind of sport or physical activity	Degree of difficulty	Metabolic value
Basketball	Normal play	8.0
Bicycling	Slow (16-19 km / h)	6.0
	Average (19-23 km / h)	8.0
	Fast (23-26 km / h)	10.0
Run	Slow (1.6 km in 10 min)	8.0
	Medium (1.6 km in 8 min)	12.5
	Fast (1.6 km in 6 min)	16.0
Football	Slow pace	7.0
	Fast paced	10.0
Swimming	Slow	8.0
	Fast	10.0
Yoga	-	4.0
Tennis	-	8.0
Walking	Slow	2.5
	Average	3.5
	Fast	4.0

If you eat outside, the protein content of the meals you eat can be calculated from the book. "Energy Value of Standard Serves." Of course, this is not a bestseller, but you can easily find it in the library.

You can find information on the calorie content of dishes in a fast food restaurant on the website in the Internet. Check the fat content of the dish selected in the menu, and you may decide to change the order.

ICHAYTESINEDENINAPACKINGX

Ideally, men who are serious about building their abdominal muscles eat exceptionally healthy foods, such as whole grains, fresh vegetables and fruits. But we are realists, and we will proceed from the assumption that you are a normal person who will not eat only plant foods.

In order to bring your diet in accordance with the directions of the main program, you should begin to carefully read the data on calorie content and composition on the packaging of the food you eat. In doing so, you should pay special attention to the following important things.

List of components included into the product. As a general rule, you do not want to buy foods that contain sugar (most "Dangerous" fructose corn syrup).

Typically, a serving is half the amount you intend to eat.

For example, the packaging of a loaf of bread contains data on the content of substances in one slice. But have you ever been limited to just one chunk? Therefore, it would be more correct to multiply the data on the package by two.

Another example. You are buying there is a bag of soup in the store, come home and eat it, after which, looking at the package, you find that you have eaten not one, but two servings. Therefore, the calories of the listed ingredients should be multiplied by two.

In food, fat is often replaced by sugar. Do not believe the words "low fat" or "low fat" until you read on the packaging what exactly the manufacturer has replaced the fat with. Often sugar is added to the product instead of fat, which does not contribute to your weight loss at all.

Part four

After the main program

PRESERVATION AND DEVELOPMENT OF RESULTS

T

now your abdominal muscles mean have become stronger and more prominent. It is possible that when you look in the mirror, you can see the muscle frame around your waist. Your posture has become leaner, you yourself have become much more energetic and stronger, your weight has become less, and you sleep soundly at night.

However, all this - only the first results. What you have been doing for six weeks is just a small fraction of what you will have to do in years of hard training, good nutrition and a healthy lifestyle.

So how exactly do you need to exercise for the rest of your life? The following guidelines will help you continue the process you started so successfully.

ABDOMINAL PRESS EXERCISES

You shouldn't at all increase the amount of abdominal exercises that you are doing this hour. Nine exercises are enough. Your goal now is to make these exercises progressively more difficult. There are the following methods for this.

- Increase your flexibility and the amplitude of motion. Flexibility training methods are described in Chapter 6.
- Constantly increase the load by any means.
- If you cannot increase the load, just try to exercise as slowly as possible.
- Try several approaches of the same and the same exercise. On the second and third sets, the load on your muscles will be much stronger. If this becomes too difficult for you, go back to one set of each exercise.
- Change your exercise routine every 4-6 weeks. Add new exercises that you see in a gym, magazines or internet sites. Revert to old exercises from time to time. Vary the number of sets and reps. Never work on one set of abdominal exercises for more than 6 weeks in a row without making changes. During this time, your body fully adapts to any complex, and you just need to find new ways to stimulate muscle growth.

- Every Give your abdominal muscles a rest for 2 months, do not exercise for a week, and then start practicing a new complex.

AEROBICS

You may not want to lower the intensity of your cardiovascular training that you have achieved. by the end of the third level - one and a half hours a week, including 60 minutes of work in the target heart rate zone. If you want to continue to lose weight, the number of exercises can and should be increased.

To keep improving your fitness and burning additional calories, you need to do aerobics five times a week. However, these activities should be varied.

We've put together a rough workout schedule for the week for joggers.

Sunday. Jogging alternately with walking - 6-8 km.

Monday. Jogging - 30 minutes.

Tuesday. Relaxation.

Wednesday. Speed run - 3 km.

Thursday. Relaxation.

Friday. Jogging - 30 minutes.

Saturday. At least 45 minutes of various aerobics (long bike ride, boat ride, stationary bike and rowing machine workout in the gym, in short, whatever, to get your heart working and train your ankles, knees, etc.) lower back).

To simultaneously with the increase in muscle mass to lose fat, try to train in the following mode. After a 5-minute warm-up, sharply increase the load for 30 seconds, then switch to a light pace and work that way for 1 minute. Repeat this cycle for 10-15 minutes. Rest for 5 minutes, slowing down significantly. The combination of a light and hard pace of workout seriously increases your metabolism and forces your body to burn more calories, which is not the case with normal aerobic exercise.

DIET

The main program only told you a little about the many ways you can change your diet and create a diet that will help you achieve a slim and slender figure relatively quickly. Below we will tell you about a few more methods of dealing with obesity.

Don't cut fat drastically in your diet. This will severely lower your body's testosterone levels, making it harder to build muscle.

Remember, increased protein does not mean rapid muscle growth. The norms of protein intake are given in the main program, these are not the minimum, but the maximum amounts of this substance for building muscle while reducing weight. Exceeding these standards is not only not useful, but also harmful. Too much protein is useless and can seriously lower your testosterone levels.

Avoid all the newfangled diet fads. Almost every diet advertised is based on imbalancing your diet. It envisions either the complete elimination of fats and carbons, replacing them with soy protein, or something even more unnatural, unhealthy and uncomfortable. Do you have at least one friend who, with the help of similar diets, was able to achieve at least some lasting result? Most likely, you do not have such acquaintances. Now that you know exactly what you shouldn't do in any case, we will tell you about what you can and should do.

Eat good quality food. Try Make your diet only healthy, natural foods. Many of them are mentioned in the corresponding sections of the description of the first and second levels.

If you break the diet, let it be short-lived and very tasty. If you already decided to please yourself by breaking your diet, relax. and enjoy the "forbidden" food. The longer you stick to the diet, the more desirable it will be to break it. So do not torture yourself, but relax and have fun.

UNAVOIDABLE DELAYS

Every person has periods of ups and downs in physical activity, as well as temporary health problems. You can get sick and miss a week of training, or go on a business trip for a few days and get very stressed there. You can also get depressed, do not go to workout, but sit on the couch, turn on

TV set and overeat "harmful" but very tasty things, or you may just get bored to death with training and you may fall out of the schedule.

What to do? Come back slowly to work rhythm and try to find new stimuli for training - start practicing according to a new program or return to your favorite exercises or take some special complex as a basis.

However, before choosing a training regimen and return to your studies, you should firmly remember some things.

You are no longer a beginner. Despite the fact that during the break you, of course, lost some part of your athletic form, the body still retained the training skill, it remembers what you were capable of earlier, so the recovery process will proceed quickly enough.

Learn from your mistakes. Consider well why there was a break in your training. Maybe you got sick because you were exercising with a heavy load? Or were you injured by doing the exercises despite not feeling well? Perhaps you are tired of everything, because you train for too long without changing the complex, and no longer see the real results of your training? Your body is an endless mystery, to which every time you need to select a new key to help you practice more efficiently.

COMPLEX OF EXERCISES DL I FURTHER DEVELOPMENT OF ABDOMINAL MUSCLES

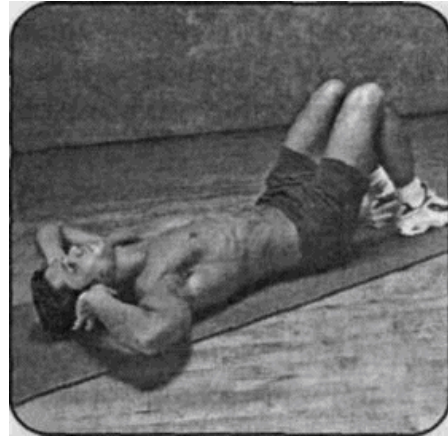
Even the nine abdominal exercises contained in the main program, that's more than most people know. However, these are far from all the exercises you should know about. In the previous chapter, we discussed how you can make changes to your exercise routine every six weeks. We now offer new exercises to diversify your workouts:

- 1) one versatile exercise that makes it work right away all of your abdominal muscles;
- 2) a set of three exercises that are performed using simulators. Equipment for this you can find in any gym or health club;
- 3) seven exercises that are performed using the ball;
- 4) a set of three exercises to improve the form while doing other sports;
- 5) five new stimulating exercises, any of which you can in order of variety, add to your main complex for the development of abdominal muscles;
- 6) a system of cyclic complexes based on the exercises included to the main program.

MIRACLE EXERCISE

Do 20 repetitions of this exercise, and you will force the upper and lower abdominals and obliques to work simultaneously. Moreover, all this will take you no more than one minute, so you need to concentrate as much as possible. Concentrate all your attention on training your abdominal muscles and fight for the perfect exercise technique.

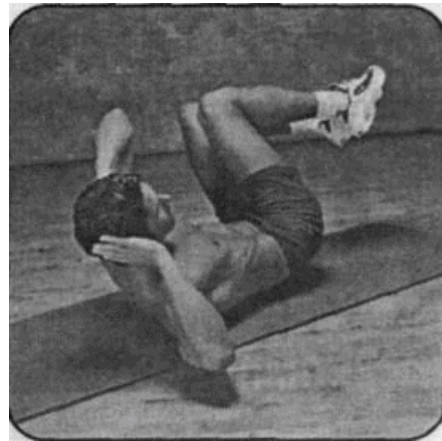
LIFTING THE TORSO AND BENDED IN THE KNEES LEGS



ATTENTION, PREPARED:

Lying on your back, bend your knees, put your hands behind your head, races weaken neck.

STARTED:



Using the lower abdomen, lift your legs from bent at the knees to your left shoulder. At the same time, using the upper abdomen, lift the left shoulder blade off the floor and lift the left shoulder towards the right knee. Perhold on for a second.

Then slowly and gently return the shoulders and yogis to their original position. As soon as the legs and left shoulder blade touch the floor, repeat the exercise with the right shoulder, to which raise the legs with bent at the knees. Two lifts with an incline in

opposite directions count as one repetition.
Complete the required amount repetitions.

DO POLNITELNE POISNENI

- Try to lift your pelvis slightly off the floor with each repetition. Make it is very difficult because you simultaneously raise the shoulder blades, but you will get excellent results with this double load.
- Regardless of whether you can raise the pelvis, be sure to lift both shoulder blades off the floor, keeping an eye on the fixed position of the neck and head.

TRAINING COMPLEX IN THE SPORTS HALL

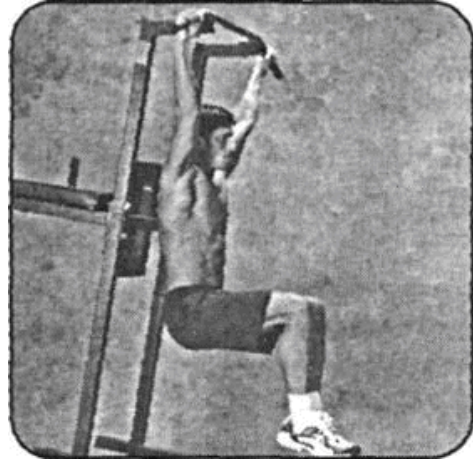
We present you with three exercises that require equipment available in a gym or health club. To perform a lift from bent legs at the knees, you need a crossbeam, for side bends you need dumbbells, which you can have at home. But you hardly want to install a block device in your apartment, which is necessary for performing forward bends.

Weights you use when bending down sideways with dumbbells and forward on the block device greatly increase the intensity of the workout, reducing the time spent on it. However, the use of weights is a very advanced method and should not be used until you have successfully completed all levels of the main program.

Get started from one set of 8-12 reps of each exercise to develop the sense of movement and weight you need when doing side bends with dumbbells and forward bends on a block device. During the second and third weeks, do two sets of each exercise. Keep doing this until you can increase the number of reps.

In general, you should practice this complex for 5-6 weeks, which will greatly contribute to the further development of your abdominals.

LIFTING BENT KNEES



ATTENTION, PREPARED:

Grasp with both hands by the crossbar or lean on the lock on the beams of the press machine (it is found in almost all halls). You can also use a Roman chair.



STARTED:

Using the lower abdomen, lift from bent in the knees of the legs to the shoulders, bending the pelvis to the chest. Hold on for a second.

Then slowly and gently lower your legs to the starting position. Complete the required foliage repetitions.

DO POLNITELNE POISNENI

■ When pulling your knees up to your shoulders, your pelvis should rise by 5-10 cm. If you just raise and lower your knees, only the hip flexor muscles, devoid of visual appeal, work.

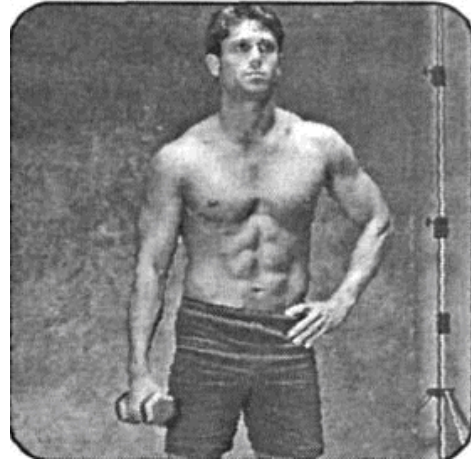
■ Hold at the top of the positive phase to force the muscles to experience maximum stress.

■ Flatten swing your leg to a minimum, and wait until your body stops swinging before starting the rep.

■ If your lower abdomen allows you to freely do three sets of 12 reps, do this exercise with a light dumbbell between your legs.

■ Another way to do the exercise is to raise your legs straight.

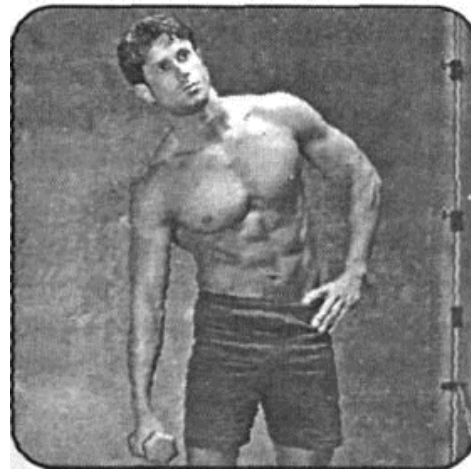
TILT SIDE WITH DUMBERS



ATTENTION, PREPARED:

Take dumbbell in your right hand and extend it along the body. Place your left hand on your thigh, feet shoulder-width apart.

STARTED:



Bend over to the right, lowering dumbbell along the leg until do not feel the stretching of the muscles of the left side.

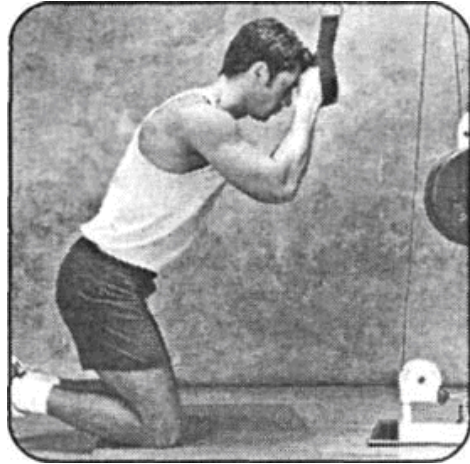
Then slowly and carefully use the left oblique muscles to return the torso to its original position. Repeat the exercise. After completing the required number of

repetitions on this side, transfer that dumbbell to the other hand and do the same number of repetitions.

D O P O L N I T E L N S E P O I S N E N A N D I

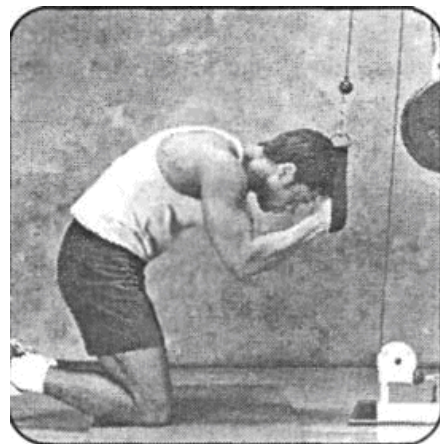
- This is the only exercise in which you are not interested in increasing the resistance. You can start with 5kg dumbbells, then take 7kg dumbbells, and stop at 9kg. Why? Because you don't want to greatly increase your oblique muscles, which narrow your waist and give it an athletic look. If you build up their mass, you create a clear imbalance, and your torso will never be perfect.
- Don't let your torso wobble back and forth.

FORWARD TILES ON THE BLOCK DEVICE



ATTENTION, PREPARED:

Install light weight on block device. Take the handle of the simulator, kneel in front of him, bring the handle to the level in forehead.



STARTED:

Leaving the thighs are motionless, with the help of the upper section abdominals, bend your torso forward and downward. Hold on for a second.

Then slowly and gently return to the starting position. Complete the required number of repetitions.

D O P O L N I T E L N S E P O I S N E N A N D I

- This exercise is most effective for building the muscles of the upper abdominals, which form the coveted six “cubes.” However, nothing will work if you do it incorrectly. The most important thing is the motionless position of the hip and pelvis throughout the entire exercise. You should only work with the upper the abdominal department.
- At the highest point of the positive phase, you should feel a very strong tension, as if something were being pressed on your stomach. If you experience something like this, then you are doing the exercise correctly. Hold for a second at this point before straightening up.

COMPLEX OF EXERCISES WITH A BALL

If you visit a gym, you have probably seen a large rubber ball, usually lying somewhere in the corner. You may have seen a trainer who helped one or more people do abdominal exercises on this equipment.

These balls are called Swiss balls, terabols and resistabols. Regardless of what you call it, this shell is very handy for developing abdominal muscles. Before each repetition of the exercise, he forces you to stretch. When starting to lift the torso from a prone position on the ball, you first bend your back. This provides a greater range of motion, more tension in your abdominal muscles, and more performance for each rep.

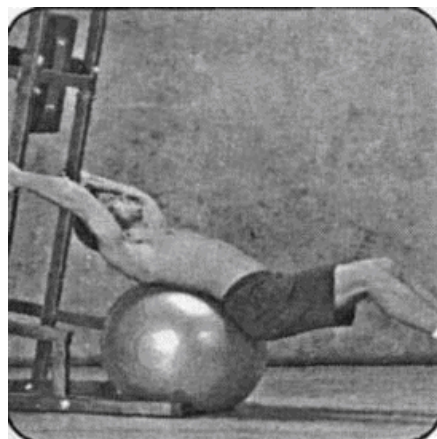
Another plus is that the ball itself is unstable. If you don't keep the same weight, the ball will roll and you will fall to the floor. Therefore, to stay on the ball, you will have to use the muscles in your waist, pelvis, and hips. To get the hang of the ball, you need a few sessions. However, when you learn how to perform them correctly, you will immediately understand how much stress this method gives on the muscles, and pretty soon you will be able to see the result.

The exercises described below can be sweddeng in one complex, in which you should perform three approaches each. Or you can

those supplement them with other complexes, combining with other abdominal exercises that you like. Try to do 10 -

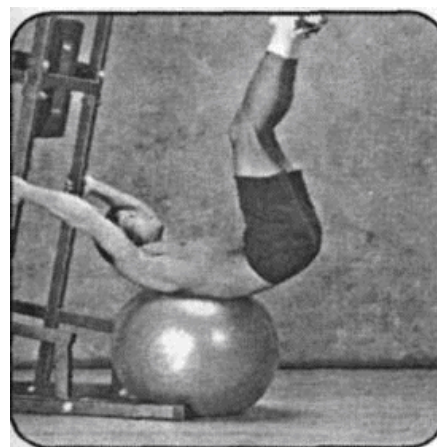
15 repetitions of each of these exercises. However, 6-10 repetitions are sufficient for raising the legs at right angles on the ball. When doing a ball stand, try to hold out as long as possible, increasing the number of repetitions from 1 to 5 for 10 to 30 seconds each.

RAISING LEGS AT A RIGHT ANGLE ON THE BALL



ATTENTION, PREPARED:

Roll the ball up to some support that you can grasp with your hands - crossbar, wall bars, etc. Lie with your back on the ball, stretch your arms and grab the support. Your pelvis should be below your shoulders, keep your legs slightly bent at the knees onweight.

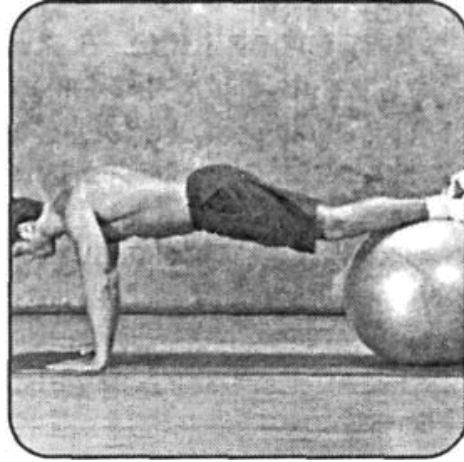


STARTED:

Using your lower abdomen, lift your slightly bent legs at right angles to the floor. Hold on for a second. Then slowly and gently return your legs to their original position. Perform the required number of repetitions.

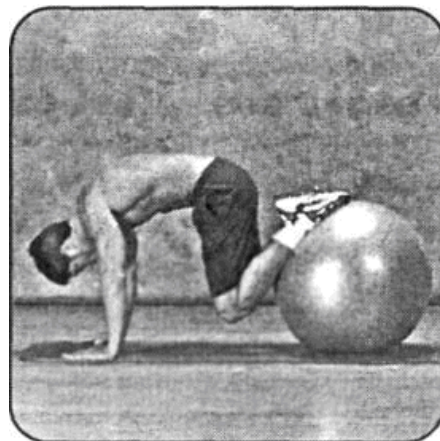
- During the exercise, keep your back on the ball, and your head slightly thrown back. Despite the fact that instinct will force you to raise your head and look at your legs, keep it in a fixed position. This significantly reduces the strain on the neck.
- how and in all lower abdominal exercises, you must lift your pelvis up. If only the legs move up and down, this means that the hip flexor muscles will take the main load.

BENDING OF THE LEGS ON THE BALL



ATTENTION, PREPARED:

Lie on the floor, rise on straight arms, put your shins on the ball. Your body should be parallel to the floor.



STARTED:

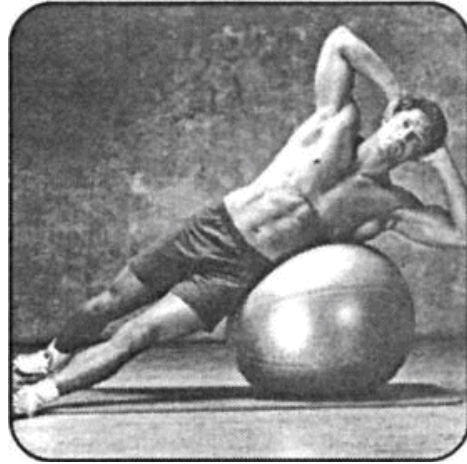
When help the lower abdomen, select the laziness as far down and forward as possible.

Hold on for a second. Then slowly and gently return your legs to their original position. Perform the required number number of repetitions.

D O P O L N I T E L N E P O I S N E N I

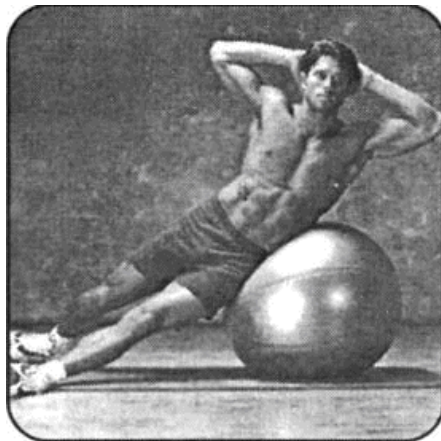
- At the very beginning of the movement, keep your back straight without bending or bending it. This will keep your abdominals slightly tense before starting the exercise.
- At the end of the movement, your back should be flat or even slightly bent. This means that your abdominal muscles are working at full strength.
- Throughout the exercise, your head should be lowered slightly. If you lift it even a little, then seriously violate the technique of performing the exercise.

LATERAL LIFTING ON THE BALL



ATTENTION, PREPARED:

Lying with your left side on the ball, spread your legs a little, left forward, right back. Place your hands behind your head and relax your neck.



STARTED:

Using the right oblique muscles of the abdomen, lift the torso up to the right. Hold on for a second.

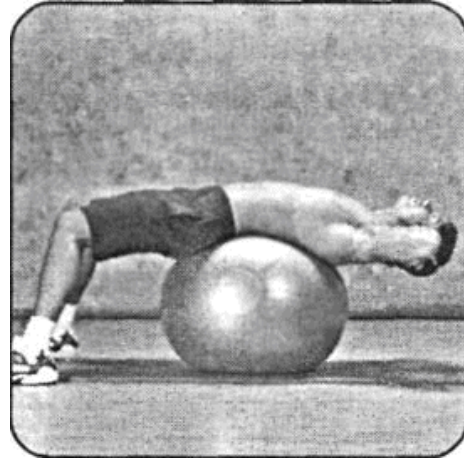
Then slowly and gently return to the starting position. After completing the

required number of reps on the right side, change the position and do the same reps on the left side.

D O P O L N I T E L N S E P O I S N E N A N D I

- They begin to move the oblique muscles earlier than head and shoulders. During the entire exercise, the head should remain strictly on the same axis with the spine, not leaning to the side.
- Try to place your feet slightly above the ball, which will remain on the floor. The challenge is to start the exercise in a position where your body is almost parallel to the floor. The closer you get to this position, the more your muscles will work against gravity, and the effectiveness of the exercise will increase significantly.

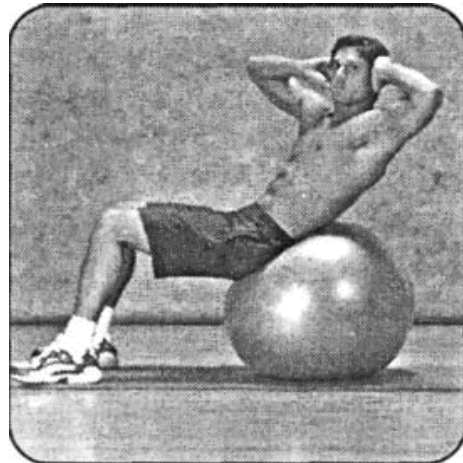
LIFTING THE TORSO WITH ROTATION ON THE BALL



ATTENTION, PREPARED:

Lying back on a ball, bend legs at the knees, resting on the floor. The back resting on the ball is arched, the arms are behind the head.

STARTED:



Using the upper section abdominal press lift the torso until the tension of this muscle group reaches its maximum. Then continue moving with your torso to the left.

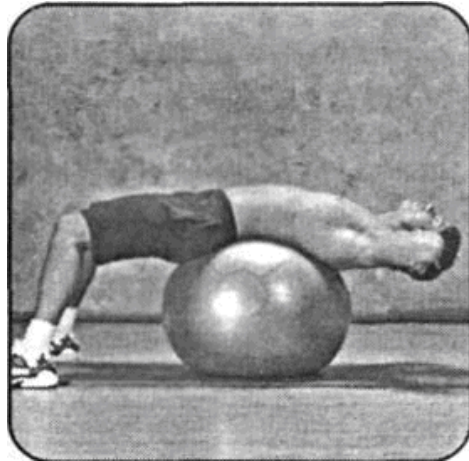
Come back in the original position and repeat the movement, this time turning to the right. Two lifts with a turn in opposite directions are considered one set. Perform the required number of repetitions.

D ABOUT POLNITELNSEPOISNENI I

- How when doing any torso lift, keep a fist distance between your chin and chest.
- Keep your head in a fixed position in line with your spine throughout the exercise. Of course, when you're tired, you'll want to help yourself by turning your head and arms. However, while maintaining a fixed position, you force the upper abdominals to work at full force, moving the main part of the load onto it.
- Change direction every workout the first on the gate. So, if in one workout you started the exercise with a turn to the right, then in the next workout, first turn to the left.

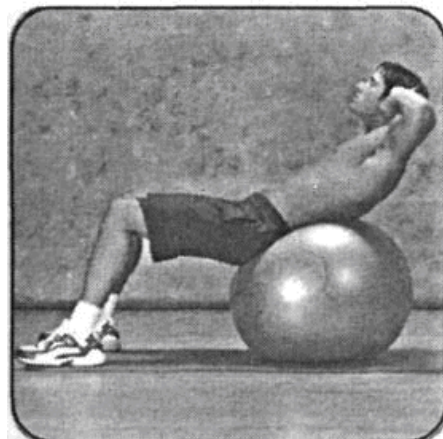
1 62 _ AFTER THE MAIN PROGRAM

LIFTING THE TORSO WITH A BALL



ATTENTION, PREPARED:

Lying back on a ball, bend legs at the knees, resting on the floor. The back resting on the ball is arched, the arms are behind the head.



STARTED:

Use your upper abdomen to lift the torso up and forward, lifting the patches from the ball. Hold on for a second.

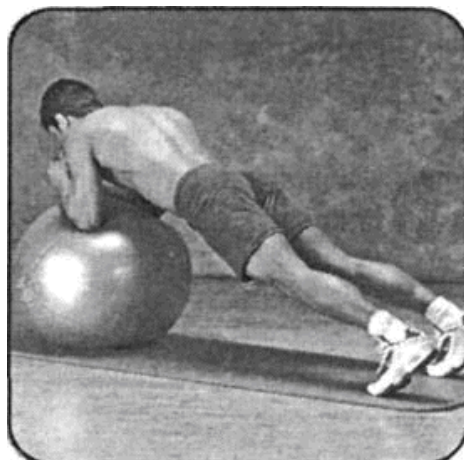
Then slowly and gently return to the starting position. Perform the required

number of repetitions.

D O P O L N I T E L N S E P O I S N E N A N D I

- Even you have reached such a level of fitness that you can easily and without any tension perform a torso lift on the floor, exercise on a ball will make your abdominal muscles work hard. In this exercise, the ball adds a whopping 15 degrees to the range of motion.
- If you're already getting used to the longer range of motion and can easily do the 15 must-haves on each set, start using weights. Do the pancake exercise, which is held with both hands on the chest under the chin, but do not forget about the obligatory fist-sized distance at which your chin should be from the chest.

BALL STAND



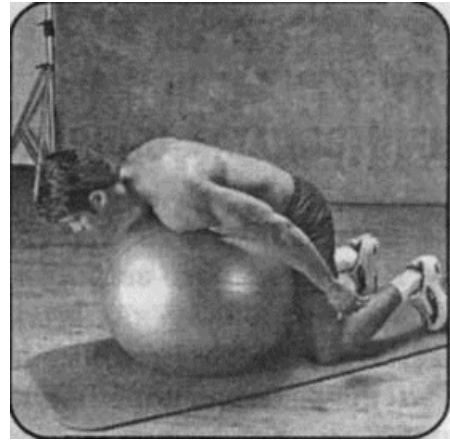
ATTENTION, PREPARED,
STARTED:

Bend your arms at the elbows and lie on the ball, leaning on it in front of your shoulders. Extend your legs, which should form a straight line with your back. Pull your belly in as deep as possible, as if you want to feel the spine with your belly button. Hold, keeping your breathing even.

DOPOLNITELNEPOISNENI

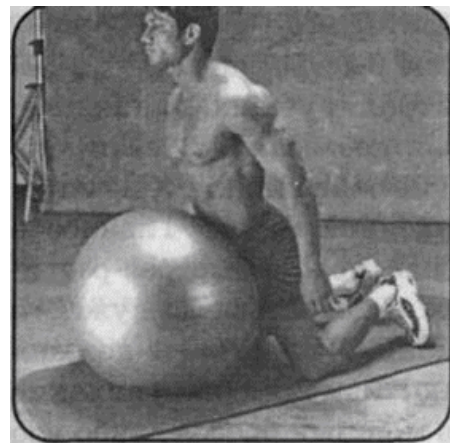
- Initially, you can hardly last more than 5-10 seconds in one rep. Do several reps, trying to at least in one to withstand up to 30 seconds.
- Sucking in belly and holding it in this position, you train the transverse abdominal muscles. This deep layer of muscle holds your internal organs in place. Constantly exercising this muscle group will make your waist slimmer.
- The ballstand will simultaneously harden the strength and endurance of the muscles of the lower back and abdominals. If you roll over, placing your shins on the ball and resting on the floor in front of your shoulders, you will significantly increase the load on the lower back.

LIFTING THE TORSO FROM THE BACK BALL



ATTENTION, PREPARED:

Kneel before ball, stretch your arms along your body. Lean forward and lower yourself chest on the ball.



STARTED:

Straighten your torso using your lower back muscles. Linger on give me a sec.

Then slowly and gently return to the starting position. Complete the required amount repetitions.

D O P O L N I T E L N S E P O I S N E N A N D I

- Maintain a fixed hip position throughout the exercise to make the back work.
- If your back is strong enough and this exercise is too easy for you, put your hands behind your head. This will greatly increase the load on the back. In addition, you can handle lightweight dumbbells.

EXERCISES TO IMPROVE FORM WHILE DOING OTHER SPORTS

Have you ever heard the expression “Is he in good athletic shape, but not in shape for the game?” This is how an athlete is described who did a lot in the gym, and it seems to a layperson that he is in great shape. But this athlete has a serious flaw - he did not develop athletic speed and strength. The point to be made here is that there are two different types of fitness.

Muscle mass grows most rapidly as a result of slow, controlled movements. However, success in sports, unless it is of course a bodybuilding competition, is not measured by the amount of muscle mass. The main thing in sports is the ability to react as quickly as possible to changes in the game and get to the right place faster than the enemy. The athlete must move quickly across the field, changing the direction of movement, or make a powerful throw, or hit the ball with all his might. Think of Ken Griffen Jr throwing the ball or Tiger Woods throwing his famous St. Andrew serve.

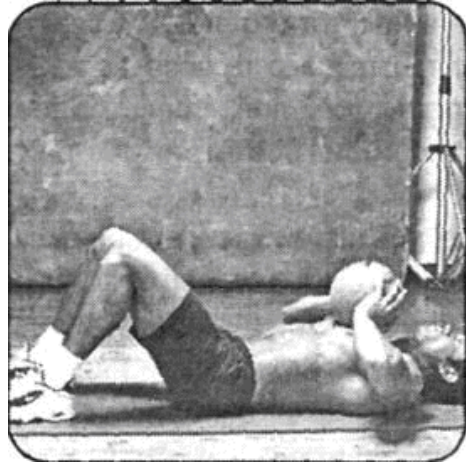
Does this mean that Are all the exercises you did in the main program just a waste of time for those involved in outdoor sports? Not at all! Our complex develops the strength and endurance of your abdominal muscles. The athletes discussed above build their abs with isolated movements in front of

how to go to dynamic training. Each person is able to quickly rotate their torso in the right direction. At the same time, no one thinks about how exactly his abdominal muscles work during exercise. However, by training their abs more intensely, anyone can achieve excellent results.

Once you have sufficiently strengthened your abdominal muscles, you should proceed more selective training in the gym, which will then help you achieve better results on the field. We have developed a special set of three exercises to help you understand the difference between training muscle strength and developing their speed and endurance. Start carefully, study the exercises carefully, and only then gradually move on to building up speed.

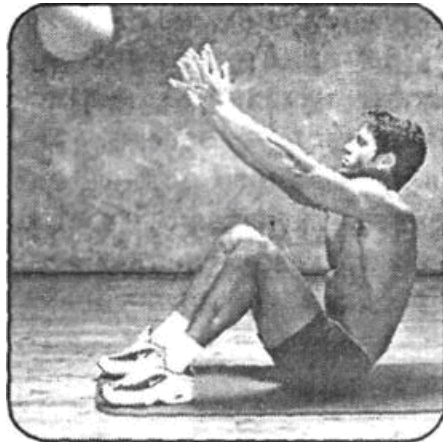
We recommend that you start from one approach for 10-15 repetitions. Gradually bring the number of approaches to three, working in a circular pattern: the semen is performed one approach of each exercise in turn, then the same is repeated with the second and third approaches.

LIFTING THE TORSO WITH THROWING THE BALL



ATTENTION, PREPARED:

Take a basketball ball, lie on back at a distance of 1-1.5 m from the wall, bend your legs at the knees, hold the ball with your hands on your chest. Relax your shoulders and neck.



STARTED:

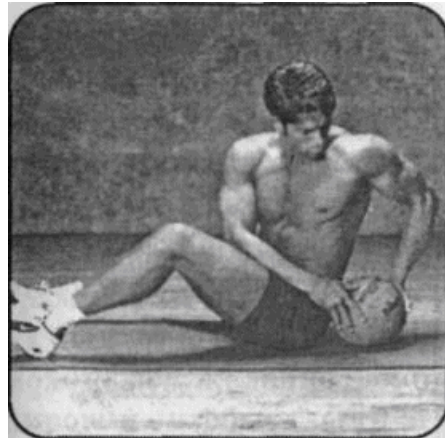
Lift your torso quickly and throw the ball against the wall. Hold, catch the ball with your hands and press it to your chest. Then slowly and carefully return to the starting position.

how only your shoulder blades touch the floor, repeat the exercise. Do the required number of repetitions.

D O P O L N I T E L N E P O I S N E N I

- By doing This exercise works both the upper abdominal muscles and the hip flexor muscles. However, you will feel quite a lot of abdominal tension as you linger, waiting for the ball to come back to you.
- When As you get used to the exercise, gradually get farther and farther away from the wall to make the throw stronger and the waiting time for the ball longer.
- This exercise can be varied. You can do it without the ball, simulating an empty-handed throw. You can do it with your partner by throwing the ball to him. If you are working with a partner, you can use a medicine ball to make the exercise harder and healthier.

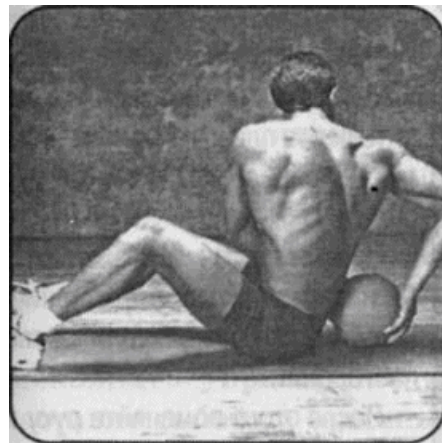
TORSO ROTATIONS WITH A BALL



ATTENTION, PREPARED:

Take a padded or bass kettle ball. Sit on the floor with your knees slightly bent. Turn left, place the ball on the side at the back.

STARTED:



Turn right take those ball. Move the ball to your left side and place it behind your back. Do the required number of repetitions.

When You will finish all reps starting from the left, do the same number of reps, starting from the right: first turn right, put the ball behind your back, and then turn to the left and collect it.

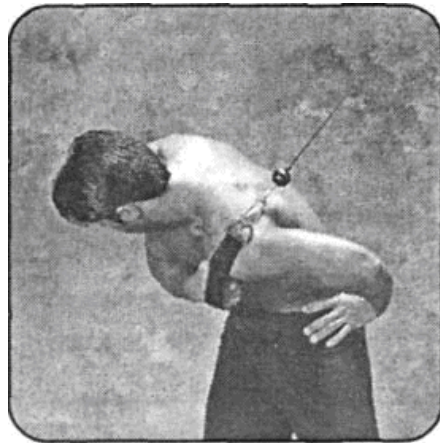
- You will quickly learn that you need to have enough torso flexibility to place the ball behind your back and pick it up again. The exercises in Chapter 6 will help you develop the flexibility you need.
- If you don't have a ball, try this exercise with a light dumbbell. Take the dumbbell by the ball, not by the hand.

SHOULDER BLOCKS



ATTENTION, PREPARED:

Install light weight on the block device. Take those handle of the block with your right hand and, standing with your back to the simulator, press it to your left shoulder. Lefthand rest on the side.



STARTED:

Moving only waist, tilt the left shoulder as low as possible down and to the right. Linger on give me a sec.

Then slowly and gently return to the starting position. Perform the required number of repetitions.

After change your hand and do the same number of reps with your left hand and right shoulder.

D O P O L N I T E L N E P O I S N E N I

- Your your shoulders will turn slightly, but you should start moving your oblique abdominal muscles.
- Your hips should remain motionless throughout the exercise. Moving your hips will significantly reduce the stress on your obliques.

STIMULATING EXERCISES

Here are three tough enough exercises to test your abs after successfully completing a major program. At the same time, it is not at all necessary to perform them as a separate complex; these exercises can perfectly complement your usual workouts in order to make them offer variety and avoid boredom.

The recommended number of repetitions varies depending on the degree of difficulty of the exercise. To find out exactly how many repetitions of each exercise you need to do, read paragraph

"Additional clarifications".

When doing the weighted torso lift, first take a "pancake" weighing no more than 2.3 kg. Of course, this is a very small weight, but if you perform the exercise technically correctly, it will force your abdominal muscles to work on a whole new level.

However, if, doing this exercise, you reach a weight of 11 kg and more, then you run the risk of overdoing and increasing muscle mass too much, which will disrupt the general proportions of the body. Therefore, we once again remind you to work with weights carefully. By getting too carried away with a lot of weight, you can overtrain any muscle and increase its volume disproportionately.

KNEE FLOWS ON THE SIDE

ATTENTION, PREPARED:

Lying on your back, spread your arms to the sides parallel to your shoulders, place them with your palms down. Loosen your neck. Raise your legs at a right angle and bend at the knees so that your shins are parallel to the floor.

STARTED:

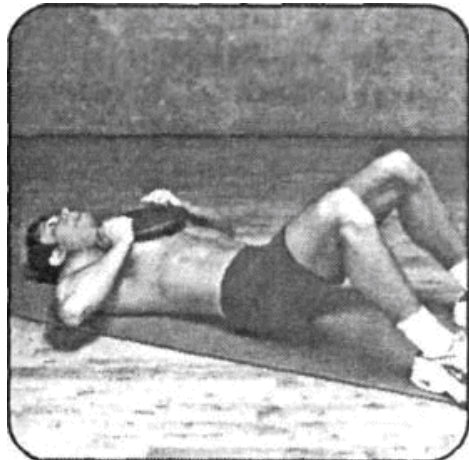
Slow lower your bent knees to the left without touching the floor. Hold on for a second.

Then, slowly and carefully, using the right oblique muscles of the abdomen, return the legs to their original position. As soon as your legs are back upright, lower them to your right side. Two bends count as one repetition. Perform the required number of repetitions.

DOPOLNITELNEPOISNENI

- On the first workout, do 12 reps, on the second, - 13, on the third - 14. During the second week, increase the number of repetitions from 16 to 18.
- Your pelvis should turn together with legs.
- Your shoulders shouldn't come off the floor.
- Slow down the lowering of the legs with the oblique muscles. In this exercise for building strength and endurance, the negative part is as important as the positive.
- At the highest point of the negative phase, do not put your feet on the floor.
- You can either rotate your head to follow your legs or lock it in place.

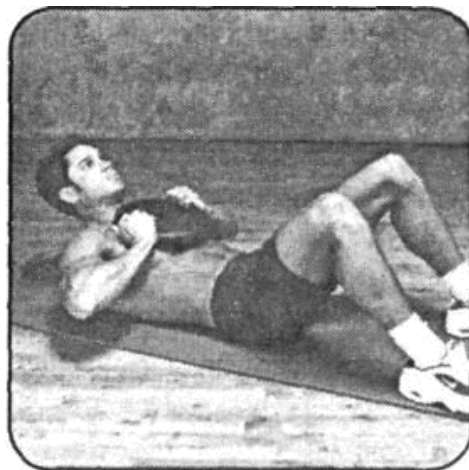
LIFTING THE TORSO WITH WEIGHTENING



ATTENTION, PREPARED:

Take "Damn", lie on your sleep well, place it on your chest just below your chin, holding it with both hands. Bend your knees. Keep your neck relaxed.

STARTED:



Using the upper section abdominal lift your ribcage towards the hips and lift the shoulder blades off the floor. Hold on for a second.

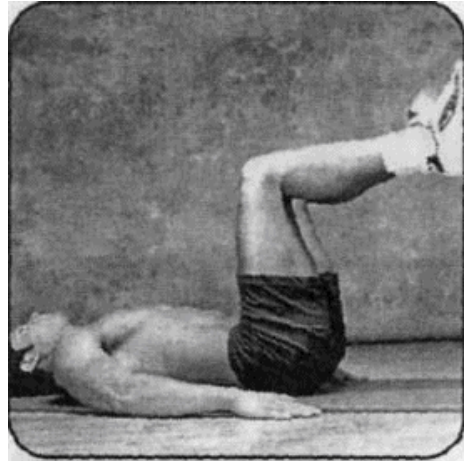
Then slowly and carefully back your shoulders to the starting position. Repeat the

exercise as soon as your shoulder blades touch the floor. Perform the required number of repetitions.

ADDITIONAL FOR EXPLANATION I

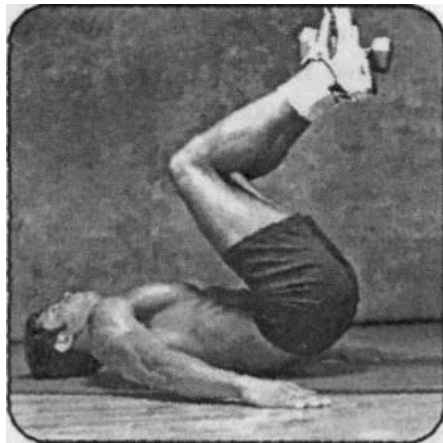
- Start the exercise from 10 reps and work up to 12. When you can easily do 12 reps, increase the weight and go back to 10 reps, then work it up to 12.
- Keep the distance between the chin and the chest was no less than a fist.
- Don't be scared if you don't *you can immediately* perform the recommended number of repetitions. the main thing- not quantity, but technically correct performance. By taking your head off the floor and breaking technique, you will never build those perfect abdominals.

LIFTING STRAIGHT LEGS And the pelvis WITH WEIGHTENING



ATTENTION, PREPARED:

Take a dumbbell and pinch it between your feet. Lying on your back, relax your neck. Put your feet up at a right angle and bend at the knees so that the shins are parallel to the floor.



STARTED:

Using the lower abdomen, lift your knees and pelvis up and forward with bent knees. Hold on for a second.

Then slowly and gently return the pelvis and legs to their original position. As soon as this happens, repeat the exercise. Fill the required amount of repetitions.

ADDITIONAL FOR EXPLANATION I

- Start the exercise 10 reps and work up to 12. When you can easily do 12 reps, increase the weight and go back to 10 reps, then work up to 12.
- Make sure the lower abdominals are working. If you only raise your legs, keeping your pelvis in place, your abs will hardly exercise.
- Do not let your legs fall at the bottom of the negative phase of the exercise, keep them on weight.
- During the exercise, the abdominals should be tense.
- Use your hands only as supports to maintain balance, do not help them to raise your legs.
- Instead of a dumbbell, you can squeeze a medicine ball between your legs.

SYSTEM OF CYCLIC COMPLEXES

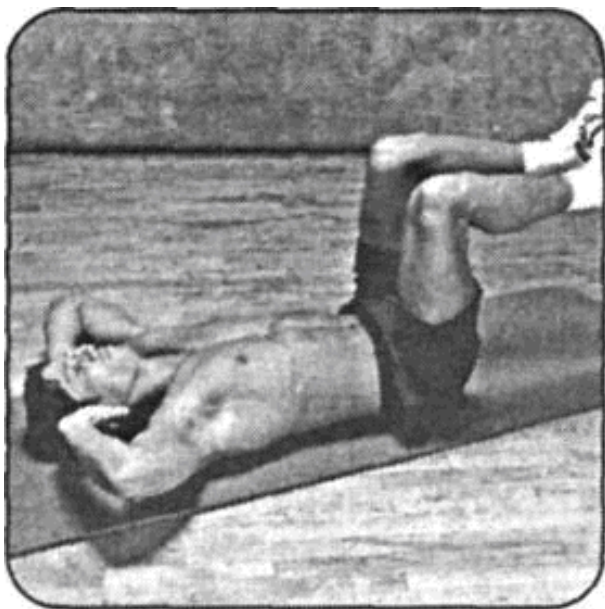
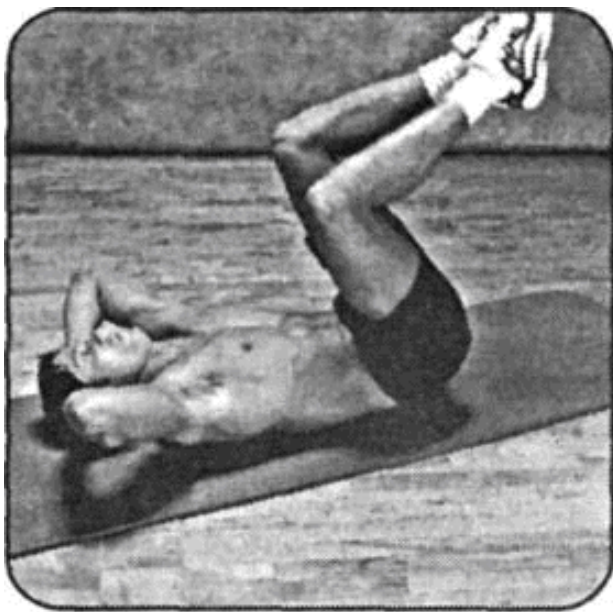
In the main program, you tried to do the required number of repetitions of each exercise. Now you need to do some of these exercises over a period of time. In this case, the number of repetitions will depend on how quickly you do the exercise.

By training in a cyclic complex, you quickly move from one exercise to another without interruption. This increases the heart rate, which allows you to combine exercise with aerobics. Each cycle is divided into rounds. A round is considered complete if you have completed each of the exercises in the cycle within the specified length of time. Your goal is to bring the number of rounds in the first cycle to five, in the second and third cycles to three, with breaks of 5 seconds between rounds. Until you develop enough stamina, breaks between rounds can be up to 30 seconds. However, your task is to get your abdominal muscles to work almost without interruption for 5 minutes. Train at your own pace and stop immediately if you notice a violation of your training technique.

You can run the loops as a progressive program, just like the main program you went through. Work one cycle for two weeks, then move on to the next. You can also do any cycle you like, which will provide a new stimulus for training.

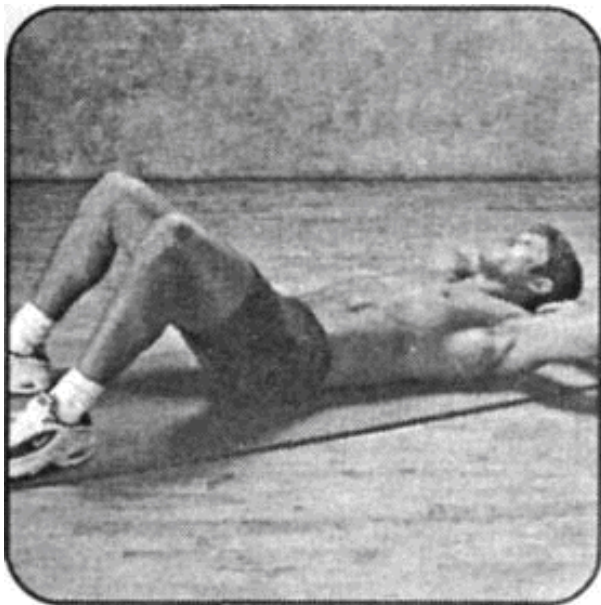
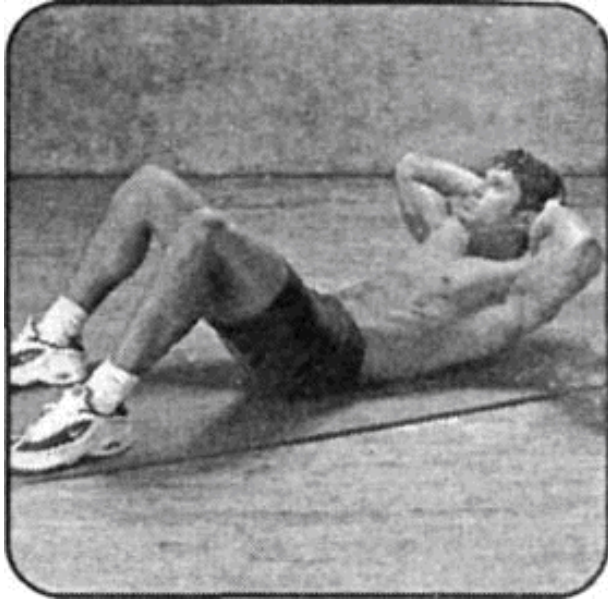
FIRST CYCLE

LIFTING BENT LEGS IN A Lying POSITION



Lift up and lower your legs for 30 seconds (15-20 reps).

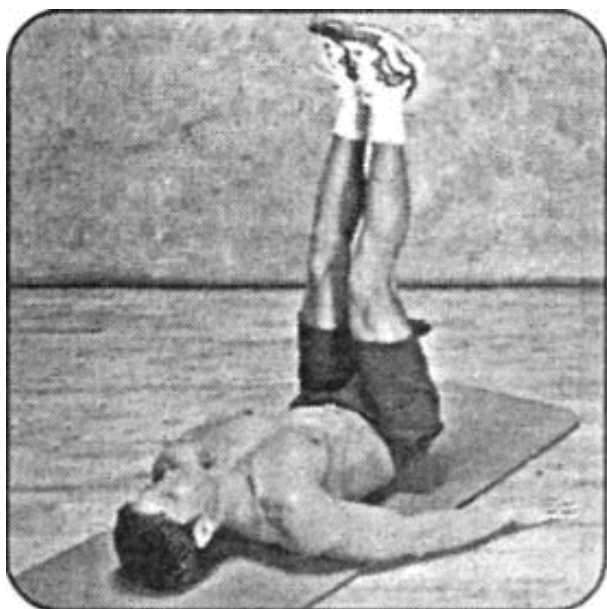
FIRST CYCLE
LIFTING THE TOP OF THE TORSO
Lying down



Lift up and lower the chest and shoulder blades for 30 seconds kund (15-20 repetitions).

SECOND CYCLE

"BEREZKA" Pivot



To raise legs and pelvis, unfold to one side, lower, then raise and unfold to the other. Perform the exercise for 30 seconds (7-10 reps).

SECOND CYCLE

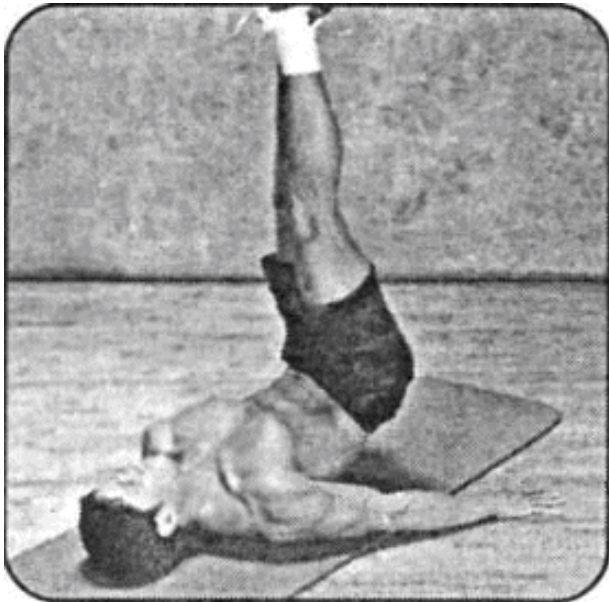
LIFTING THE TORSO WITH ROTATION



To raise and expand the chest in one direction, lower, raise and unfold the other. Perform the exercise for 30 seconds (7-10 reps).

ТРЕТИЙ ЦИКЛ

"BEREZKA"



To raise legs and pelvis, unfold to one side, lower, then raise and unfold to the other. Perform the exercise for 30 seconds (7-10 reps).

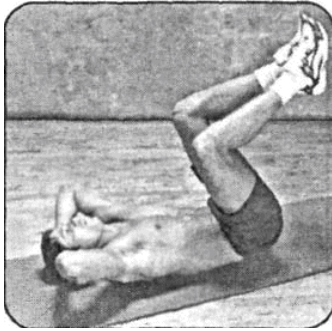
LIFTING THE TORSO WITH ROTATION



To raise and expand the chest in one direction, lower, raise and unfold the other. Perform the exercise for 30 seconds (7-10 reps).

The exercise is described in more detail on p. 122 and 103.

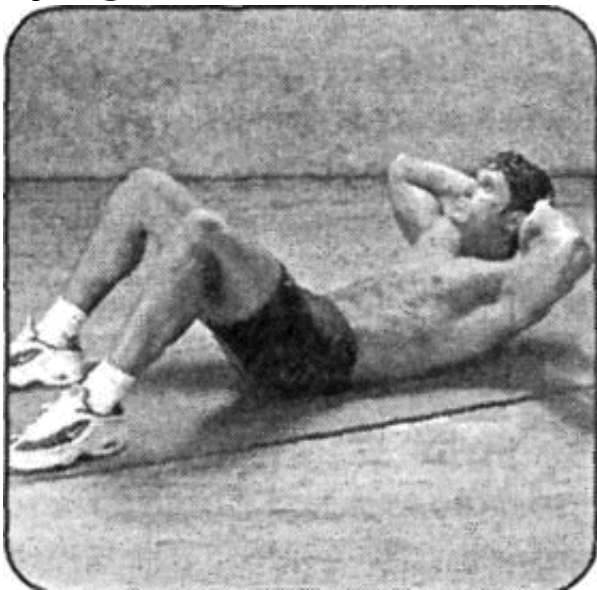
THIRD CYCLE



CLIMB BENDED LEGS IN A Lying POSITION

Lift up and lower your legs for 30 seconds (15-20 reps).

LIFTING THE TOP OF THE TORSO ***Lying down***

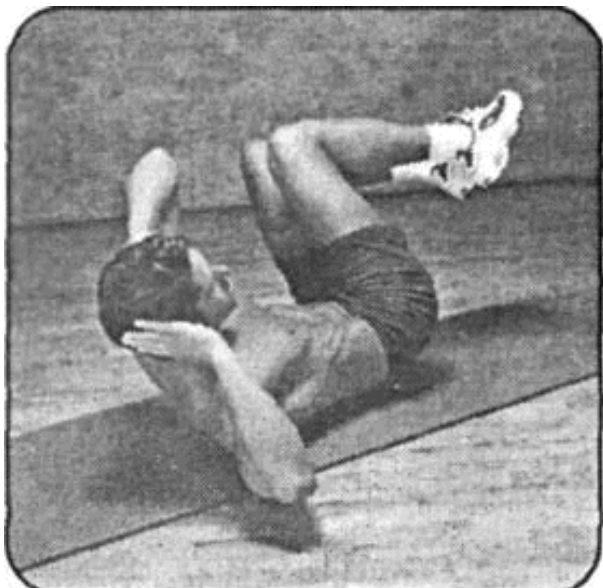


Lift up and lower the chest and shoulder blades for 30 seconds kund (15-20 reps).

The exercise is described in more detail on p. 103 and 89.

THIRD CYCLE

LIFTING THE TORSO And bent at the knees
LEG ISKOSOK



Raise at the same time legs and chest, unfold them in different directions, lower, raise and unfold in opposite directions. Perform the exercise for 30 seconds (7-10 reps).

The exercise is described in more detail on p. 152.

WORKS AND FROM WEIGHTENING STRENGTH TRAINING

Tnow when you imagine how you feel yourself, having a strong and resilient abdominal press, you want to know what needs to be done, what would get the same.

The only way that will help you in this - training your whole body three times a week. When you work with "iron" or do any exercise, whether it is a torso lift, push-ups, bends or bench press - you force your body to adapt to the load. It quickly gains strength as it begins to grow in response to new stimuli. muscle fibers and nerve cells that must help the body to cope with new tasks After 4-8 weeks, these new muscle fibers and nerve cells themselves make changes in the body - muscle cells become larger.

We have already told you something similar when it came to about the development of the abdominal muscles. In this chapter, you will learn how to develop the muscles in your chest, back, shoulders, arms, buttocks, and legs.

In addition to building the listed muscles, training to develop full body strength once again strengthens your abdominals, increasing muscle mass, which spurs your metabolism. - the rate at which the body burns calories. With just 450 grams of muscle gain, it increases your metabolism by as much as 50 calories per day. Thus, 2 extra pounds of muscle will help you burn 250 calories per day, that is, as much as 1,750 per week!

As you probably remember from 2 chapters, 450 g of fat for 3500 calories. Thus, 2 additional pounds of muscle mass would provide you with the destruction of about half a pound of fat every 2 weeks.

All this is good, but where exactly should these 2 kg of muscles be built? Of course, not only at your waist.

TRAINING RESULTS AND DEVELOPMENT

Muscle mass increases.

The metabolism is accelerated: the amount of calories that the body burns over a certain time increases, which leads to a decrease in body fat.

Blood pressure drops.

Reduces the amount of cortisol, a stress hormone that signals the body to store fat in the belly.

The body will better preserve the rapidly twitching muscle fibers, the number of which is constantly decreasing with age from inactivity.

The abdominal muscles are relatively small, and when you build them, it has a rather limited effect on your metabolism.

That is why we and have developed a workout program that will not only build strength in your body, but also help build muscle in your chest, back, shoulders and legs. This will not only give your figure a great athletic look, make your body look younger and stronger, but it will also help you burn more calories every day.

Strength training and masses of large muscle layers also stimulates the secretion of testosterone and somatotropin hormones in your body. Working on relatively small muscle groups, such as your abdominal muscles, can never seriously increase the production of these substances, not only building muscle tissue, but also burning fat.

BASIC RULES FOR PERFORMANCE COMPLEX

This set is a simple workout that requires only dumbbells and a bench. You can do these exercises both at home and in the gym. Below we will introduce you to some of the specific features of the proposed exercises.

- If you want to do these exercises on the day of training on the main program, then plan your lesson as follows: first exercise for the abdominal muscles, then exercise

nenia for the development of strength, and then aerobics. If you do aerobics before a strength training workout, you will use up your energy reserves before you get to exercise and the effect of a strength training program will be much less. If you will be doing strength training on other days, warm up for 5 minutes before starting your workout.

- Exercise in the order in which they are described in our book. As a general rule of thumb, you should first work on the large muscles (back, chest, buttocks, thighs), and only then on the small ones (arms and calf muscles).
- There is no single rule of thumb regarding how much weight you should start training, it all depends on your individual characteristics and athletic form. However, it is better to start "swinging" with a slightly lighter weight than you can lift. If it turns out to be too easy, do all the repetitions of the exercise, and on the next workout take a heavier gantt. If you are too heavy and cannot perform all the repetitions with him, next time take the dumbbells lighter. The main thing is the correct execution of all approaches of the exercise.
- Do one set of each of the eight exercises, with small pauses between them.
- For each set, do 10-15 reps for upper body exercises (for arm exercises, this means 10-15 sets for each arm). After you can freely do 15 repetitions with the selected weight

catfish, increase it so that you can do 10 reps.

- For lower body exercises do 15-20 repetitions for each set (15-20 lunges with each leg). After you can freely do 20 reps with your chosen weight, increase it so that you can do 15 reps.

SITTINGS WITH DUMPS (Hips and Buttocks)

ATTENTION, PREPARED:

Take a couple of dumbbells in your hands, pull them along the body. The legs are slightly wider than the shoulders, the knees are slightly bent, the socks are apart, the shoulders are spread slightly back, the chest and neck are straight, the back is straight, look forward.

STARTED:

Perform a half squat as if you are going to sit on a chair. Your hips should be parallel to the floor.

Come back slowly to the starting position. Complete the neednumber repetitions.

D O P O L N I T E L N S E P O I S N E N A N D I

- Try this exercise first without weights, keeping your arms straight down.
- For doing squats correctly, flexibility and strength play about the same role. The heels should be pressed to the floor, then the back will be in a natural position. This will increase the load during the squat itself. It may take weeks or months to get the exercise technically correct, but then muscle development will go much faster.
- Technically correct squats will significantly strengthen your knee joints. In no case should you squat quickly and then throw your body up, as you can injure your knees and do not provide the proper load on the lower back.

DUMBBELL LUNGES (THIGH AND BUTT)

ATTENTION, PREPARED:

Pick up a couple of ganta

lei, pull them along the body. Legs slightly wider than shoulders, knees slightly bent, socks apart, spread your shoulders back a little, chest and neck straight, straight back, look forward.

STARTED:

Lunge forward with your left with your foot and place it on the entire stupa nude. In this case, both legs will be bent at the knees.

Push off with your lunge foot and return to the starting position. You can either do the amount you want first on the left, then on the right leg, or lunges alternately on each leg -

DOPOLNITELNEPOISNENI

- First try this is an exercise without weights. When you can do 20 reps for each leg, start the dumbbell exercise.
- Start the exercise with a weaker leg. If you start with a stronger one, you will not be able to do the same number of repetitions with a weaker one and only increase the disparity in strength.
- Extend your lunge until you can flex. in the knee, the leg with which you are lunging 90 degrees. Never lift your back knee off the floor.
- Keep your back straight throughout the exercise. You want to bend forward, but it is the level position that makes the lower back and abdominals work.

**bench press Dumbbell Lying (CHEST,
TRICEPS AND SHOULDERS)**

**ATTENTION,
PREPARED:**

Take dumbbells, lie on a bench, rest on the floor with your legs bent at the knees. Hold the dumbbells in bent arms along the sides of your body at shoulder level slightly above your chest.

STARTED:

Slowly flatten the straightening swinging arms with dumbbells over the chest. Slowly spread your arms, returning them to their original position. After a short pause, repeat the exercise. Do the required number of repetitions.

DOPOLNITELNEPOISNENI

- Keep your lower back in a natural position throughout the exercise, and try not to arch your back.
- Do not push the dumbbells against each other at the top of the toe, let the muscles of your arms always be tense.
- Spread your hands with dumbbells as low as natural range of motion allows. If you stop them too early, you can injure your shoulder and diminish the effect of the exercise.
- The push-up works the same muscle group as the dumbbell bench press, so if you want to do extra chest work, do as many push-ups as you can after finishing the exercise.

TILT ROD (UPPER BACK AND BICEPS)

ATTENTION, PREPARED:

Take a dumbbell in the left hand, with the right hand and the knee of the left leg, rest against the bench. Your body should be bent at just over 90 degrees with your back almost parallel to the bench and floor. For added stability, tighten your abdominal muscles.

STARTED:

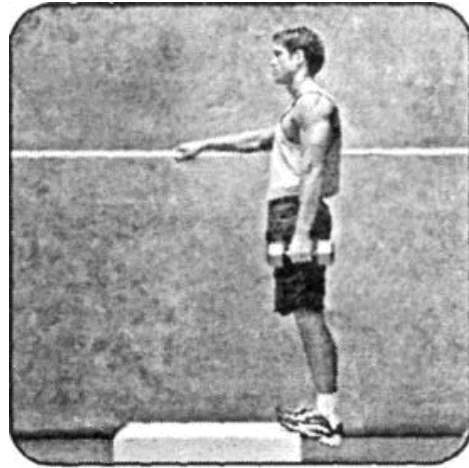
Raise your bent arm from the dumbbells to your right side. Hold, then slowly lower your hand from the dumbbells to the starting position. Repeat the exercise again.

When you have completed the required number of repetitions on the left arm, change the pose and do the same number of repetitions with the right.

D O P O L N I T E L N S E P O I S N E N I I

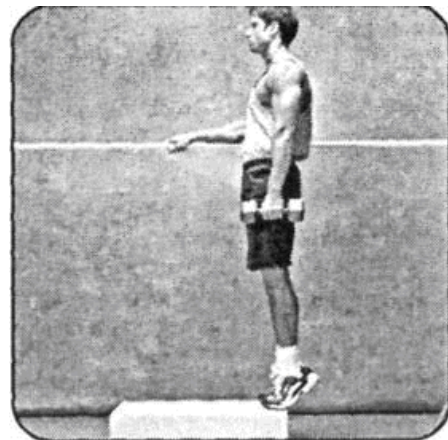
- Start with the weaker arm then make the same number of repetitions stronger.
- Focus on your back muscles: at the beginning of the movement, they play a greater role than the muscles of the arm.
- Make sure your body stays in a fixed position throughout the exercise. If you additionally work with any muscle group, you will significantly reduce the load on the back muscles.
- Linger at the top of the positive phase of the exercise and lower the arm as slowly as possible to maximize the muscle's load.

CLIMB ON SOCKS WITH DUMBBERS



ATTENTION, PREPARED:

Take a dumbbell in your hand and you pull it along your body. Stand on a dais so that your heels protrude beyond its edge, lower them as low as possible. Grasp something with your free hand and use it to stabilize.



STARTED:

Come up on your toes as high as possible, spreading your weight on your big toes.

Hold, then slowly return to the starting position. Pause and repeat the exercise. Perform the required number of repetitions.

D O P O L N I T E L N S E P O I S N E N A N D I

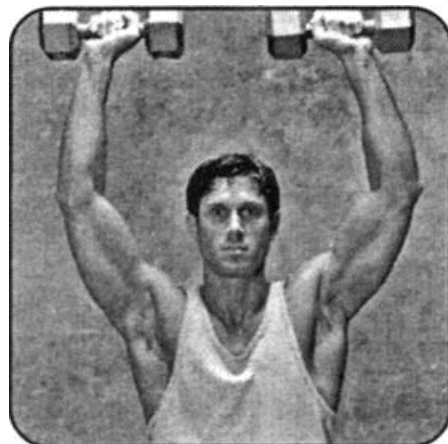
- At each workout, change the arm in which you hold that dumbbell, or do half of the reps with the weight in one arm and then in the other.
- Try to train each calf separately. If you hold a dumbbell in your right hand, lift your left leg and do the exercise on your right and vice versa.
- Do not twist your toes trying to force different layers of the calf muscles to work, it is useless.
- Come up like this high and sink as low as you can. At the top of the positive phase and at the bottom of the negative, take a second pause. This significantly increases the stress on the muscles.

LIFTING DUMBBELLS WITH A PIVOT (SHOULDERS AND TRICEPS)



ATTENTION, PREPARED:

Take the dumbbells, get up to the position of the feet shoulder width apart, knees slightly bent. Bend your elbows with your palms inward so that the dumbbells are at the level of the neck just below the chin. Straighten your shoulders and look straight ahead.



STARTED:

Lift the dumbbells over bare howl, turning his arms slightly bent at the elbows, palms out.

Hold on then slowly return hands with dumbbells to the starting position. Do the right amount of exercise.

D O P O L N I T E L N E P O I S N E N I

- Maintain a fixed position legs and torso throughout the exercise. Do not lean back to push your arms upward, this is bad for your lower back.
- Do not tap with dumbbells at the top of the positive phase of the exercise to increase the load on your shoulders.
- Watch your knees. They should not bend when you lower the dumbbells and straighten when you raise them. This is a completely different exercise that does not develop the shoulder muscles. Your goal is to perform the exercise in isolation but on your shoulders.



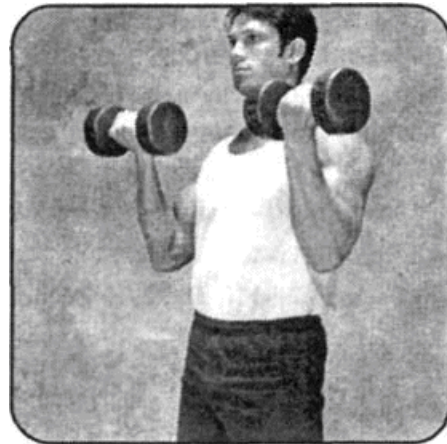
DUMB BENDING

(BICEPS)

ATTENTION, PREPARED:

Take dumbbells, stand in a position with feet shoulder-width apart, arms extended along the body.

STARTED:



Slow bend your arms at the elbows while maintaining a fixed position of the shoulder (upper arm above the forearm), i.e. moving only the forearms, at the same time turning them with the palms inward. Bring the dumbbells to neck level, lifting them so that further movement with fixed shoulders is not possible.

Hold, then slowly return your hands to the starting position. Pause again and repeat the exercise. Perform the required number of repetitions.

D O P O L N I T E L N S E P O I S N E N I I

- Squeeze your shoulders to the torso and keep them in a fixed position throughout the exercise. Otherwise, instead of acting in isolation on the biceps, you engage the shoulder muscles.
- Control the negative phase of the exercise, lower those dumbbells slowly and carefully, which significantly increased the load on the biceps.
- To make the exercise harder and build muscle faster, lean your back against the wall. You will be surprised how much more difficult the exercise has become, since you have eliminated your back muscles.

hand press on triceps

ATTENTION, PREPARED:

Take a dumbbell in your left hand, rest your right hand and right foot on the bench so that the torso is almost parallel to the floor. Bend your arm from the dumbbells at the elbow and take it back.

STARTED:

By keeping fixed position of the elbow and shoulder, straighten the arm from the dumbbells, taking it up to the back. Hold, feel the tension of the triceps, then slowly return the arm to its original position. Repeat the exercise. When you have completed the required number of repetitions with the left hand, change the pose and do the same number of repetitions with the right.

D O P O L N I T E L N S E P O I S N E N I I

- Start the exercise with your weaker arm, then do the same amount of exercise with your stronger arm.
- Most people do this exercise. in a pose where the shoulder is completely parallel to the floor. In this case, your triceps will only work for the last few centimeters of range of motion. By raising your shoulder higher, you significantly increase the load on this muscle.
- Maintain a fixed torso position throughout the exercise, otherwise, you significantly reduce the load on the triceps.

TRAINING SCHEME

Do the complex for the development of strength for 6-8 weeks as follows:

- After 2 weeks of training, start each exercise in two sets. Do 10-12 reps for each set of exercises for the upper body and 12-15 reps for each set for the lower body.
- After 4 weeks of training, increase the number of sets of each exercise to three, for each set of upper body exercises do 8-10 reps, for each set for the lower body do 10-12 reps.
- Finally, for 2 weeks, work in a pyramidal system: start each exercise with a set of 10-12 reps, then do a second set with a heavier weight for 8-10 reps, for a third set, increase the weight again and do 6-8 reps.

After Take a week off for 6 weeks, then start with a new program of new exercises and new sets and reps.

PLAN FURTHER X ACTION

H

The longer you exercise, the more you learn about the strengths and weaknesses of your

body. You try a large number of different programs, a large number of combinations of your favorites and completely new exercises.

No matter what you do, your body will always react to changes. during training. We suggest that you dwell in more detail on this phenomenon called the general adaptation syndrome. When studying this syndrome, which was described back in the 30s of the XX century, scientists identified three stages of the training process: the signal stage, the stage of resistance and the stage of exhaustion.

Nº 1

SIGNAL STAGE

it - Your body's initial response to exercise. During this stage, you may experience mild, moderate, or severe discomfort. Therefore, at the beginning of a new training program, your goal is to minimize the negative results of the signal stage. If you immediately give the body too much load, then you have every chance to quit the program before reaching the next stage.

Nº 2

STAGE RESISTANCE

At this stage, you begin to replace the results of the new program. You feel three types of improvement: physiological (your muscles get stronger and more), mechanical (you do the exercises technically more correctly) and mental (you become more confident in your abilities and the ability to achieve the desired result, and, consequently, the training becomes more intense).

However, if you overload your body while exercising, the third stage comes.

Nº 3

STAGE Depletion

This stage has a second name - overtraining. She has the following obvious symptoms:

- Exercise technique level and power indicators are falling.

- Chronic fatigue.
- Loss of appetite.
- Loss of muscle mass.
- The development of the disease, most often - chronic throat disease.
- Injuries.
- Loss of motivation and self-confidence.

Anyway, if you're logged in at this stage, you should stop exercising. In any case, your body has ceased to respond positively to the load received, and further activities will only be harmful for now.

The reason for overtraining is optional located in the gym. You can do all the exercises superbly, distribute the load correctly, rest enough between workouts, but the stresses received outside the gym do their job. These can be difficulties at work, friction with your boss, problems with your wife, an arm, your ex-wife, ex-girlfriend, children, parents, and pets.

It is also a cause of stress and overtraining can also be pleasant things - promotions and the associated increase in job responsibilities, having a baby, buying a new home, too intense nightlife and reduced sleep time.

HOW TO ACHIEVE RESULTS FROM TRAINING

Your main task is to keep your body in the resistance phase. The ideal time frame for the body to extract maximum

benefit from the new complex is 6-8, and sometimes 12 weeks.

However, from time to time you must return into the signal stage. You will begin a new complex that will make your body work in a new way. Some people neglect this rule and continue to study according to the complex that they once loved and convenient for them. However, it is not possible to achieve the desired results in this way. The body works intensively only in response to new stimuli.

ACHIEVING THE PEAK FORM

Typically, peak fitness is spoken of at a time when an athlete needs to give their best in a very limited period of time, for example, at the Boston Marathon or the Olympic Games.

However, many men want to achieve this shape in order to look their best. Maybe it's done for the honeymoon in threes, 10th anniversary of high school graduation or start of the beach season.

How to get to peak shape?

Abdominal exercises. During the main program, you did the exercises three times a week. This is usually enough, although many do 4 or even 5 days a week to proudly expose their torso in public. If you exercise as often, divide the exercises for the abdominal muscles into three groups - for the upper abs, for the lower ab and for the obliques - and

use them alternately during training. Our book indicates for which muscle group each of the exercises offered to you is intended.

Of course, one way or another you will almost daily but train all the muscles of the abdominal press, since it is physiologically impossible to work on the lower abdominal region without using the muscles upper section, oblique muscles and vice versa. However, you will do a different exercise each time.

Aerobics. Bring the number of sessions to 4 days a week.

Food. Reducing calories can result to reduce muscle mass, so you should plan your diet wisely. If you're working on building muscle, you can't cut protein. Most models and bodybuilders cut back on carbohydrates or eliminate them entirely from their diet. You shouldn't go that far, but if you have foods high in carbohydrates in your diet, you should reduce your intake.

AFTER THE MAXIMUM

Many people mistakenly believe that they can remain in peak form. Unfortunately, our body is not physically capable of this. Trying to stay at the peak for more than 1-2 weeks will quickly end in overtraining.

To avoid this, after the specified peak shape gap, you must do 1-2 weeks of transition to give your body WHO

the opportunity to relax, recover and prepare for a new training cycle, consisting of a short signal stage, a long resistance stage, and several weeks of peak performance.

What to do during the transition period? In some cases, the very reason for which you have reached the maximum determines your further behavior. Whether you're at your peak for a honeymoon or vacation, outdoor activities, beach jogging, swimming, golf or tennis will fill the transition period.

If you have reached the maximum only for shortAt any given meeting, you will have to significantly reduce your physical activity and suppress the urge to go to the gym and give your best. Of course, you should not abruptly quit training, since this can knock you out of your usual physiological rhythm. Below are some tips to help you practice your transition period.

- Shorten your regular program and train on new machines or try new exercises.
- Stop maintaining your training regimen to increase the number of approaches, reps. and weights.
- Instead of the most effective abdominal exercises, do your favorite exercises.
- Translate your aerobics classes at a comfortable and pleasant pace for you. If you are outdoors, take a new route with a pleasant landscape. Just have fun without thinking about distance and speed.

2 0 2 AFTER MAIN PROGRAM

- Avoid any high-intensity training methods.

MAINTAINING THE BALANCE

Many believe that during the transition period, their athletic form may deteriorate. However, this is not true.

The best in the world, athletes arrange transition periods for themselves. They and their coaches firmly believe that training should be done in cycles, not an ascending line. If you want to achieve the best results, you must practice according to the same principles as the professionals in their field.

Of course the cycle to the max the athlete is determined by the planned competitions, but you do not have a similar incentive and goal setting. However, your training cycles and those of a professional athlete should be approximately the same in length. Once you've timed your peak times on vacation, enjoy the transitional phase of your vacation, then return to the gym and start rejuvenated.

You will get much more pleasure from when resuming training. This is the very balance that everyone is trying to achieve, but, unfortunately, only a few succeed.

Train consistently, hard and rightly so. But sometimes, allow yourself to relax and enjoy the world around you.

