

# ATHLETIC BODY SYSTEM

## THE MIDSECTION MAKEOVER MANUAL

### The ULTIMATE Midsection Makeover Manual For Women

Discover How To Sculpt A Tight,  
Sexy & Feminine Midsection



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# **THE MIDSECTION MAKEOVER MANUAL**

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DISCOVER HOW TO SCULPT A TIGHT, SEXY & FEMININE MIDSECTION

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# **INTRODUCTION**

Ladies, this midsection makeover manual is going to nail home once and for all the TRUTH about developing a lean and feminine midsection. This manual is not just about the abs and waist, but the entire midsection of the body, all the way from the knees right up to your upper abdomen. We are going to destroy the Dogma behind developing the midsection and elaborate on each point so there is no doubts in you mind the next time you walk into the gym. You will have the ultimate midsection makeover recipe that's GUARANTEED to cook you up a LEAN, curvacious and sexy midsection, which allows you to fit into your skinny jeans and tight tank tops. And NO excuses! We have seen too many women performing crunches and using the inner and outer thigh machines for hours on end and getting NOWHERE. Somewhere along the line an idea crept into everyone's head that crunches and leg raises will burn stubborn abdominal fat and the inner and outer thigh machine will do likewise for thigh fat? Ok. .lets look at this logically. If you have a headache you take aspirin. . you ingest them and they get absorbed and just as the commercial says they 'target pain' FROM THE INSIDE. You wouldn't on the other hand stick the aspirin in your ear or grind it up and rub it on your head, would you? I hope not.

The truth is these exercises, WILL work the muscles been used to a certain extent (in an unorthodox fashion mind you) but the energy used for doing the exercises will NOT necessarily come from those specific region. Energy (in the form of released fat) metabolised from your ankle could be providing the energy for these actions so you see you are doing very little to remove the fat from these specific spots on the body.

Too often have we seen females who legitimately train hard and 'should' be getting results. They are making great progress and have developed a reasonably good figure. They should be happy right? They have achieved what many cannot, right? WRONG! They are distraught! They have trained day in day out performing endless amounts of crunches, leg raises, leg lifts and hours on cardio machines (treadmill, crosstrainer, stepper ) or in the aerobic studio doing aerobic classes and/or toning classes.

Every woman wants to have a lean and sexy, feminine midsection. We don't care what anyone says, they want their midsection to enhance their look and make themselves feel sexier. If they pretend to not want it, that only means that they tried to achieve it before and failed miserably and decided to give up and retire to a life of eating cake and feeling sorry for themselves. Are you ready for a midsection makeover? If so, please read on...

## It's ALL About Proportions LADIES!!!

Let's be HONEST here LADIES. This material is ALL about helping YOU look better, and looking better for a FEMALE is ALL about PROPORTIONS. You need to FOCUS on making the right body parts look bigger and making other parts look smaller in order for you to look much more CURVY and FEMININE, which basically means you will look much, much SEXIER!!!

You'll want to make sure you ADD some muscle to the OUTER thigh, the GLUTES and HAMSTRINGS (creating that sexy low back curvature) and also add small amounts of muscle to the SHOULDERS as this will help make your waistline look smaller.

LADIES as we've already mentioned, it's ALL about proportions. It's ALL about looking better, and LOOKING BETTER will require YOU to ADD some muscle (SEXY Muscle) to certain AREAS of YOUR body!!! Don't be scared about adding some muscle. It will ONLY serve to make you look better and therefore feel better too! Here's to you sculpting a SEXY and FEMININE midsection!!!



*Your lean body coaches,*

*Bryan Kavanagh*

**Bryan Kavanagh, BSc, CSCS**

*Ian Graham*

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# **CHAPTER 1**

## **The BIGGEST Mistakes Females Make**

Ladies we truly understand your desire to look your absolute best and not to end up looking like the incredible hulk or in any way masculine. You want to look lean, sexy and feminine, with curves in all the right places. Trust us, we want you to look the same way too, it's a lot easier on our eyes, so we are writing this chapter to fully arm you with the right pool of information to help you develop the lean look you want and we understand that what you would like most is a sexy and feminine midsection.

One thing we want to make clear from the start, so you can start getting your head around it, is that when it comes to training or 'working out', you shouldn't be training completely different to males. The information in this section may shock you as you're most likely making some of these big mistakes, but hopefully not all of them.

### **MISTAKE # 1: Becoming A Cardio Queen**

Now we are not anti cardio or anti walking! We appreciate and wholeheartedly agree that LOW intensity (>30%) WALKING will primarily burn fat. But when you think about it you are only burning energy 30% more than if you were at home or at work?! Not very productive is it? Why did you go to the gym? Walk OUTSIDE! It's nicer out there! If you are serious about burning fat and developing the lean athletic look, go to the gym to TRAIN. Sorry ladies, but this also means staying out of the aerobics studio and away from the bums and tums toning classes. You have real work to do if you truly want to develop a lean sexy feminine midsection and the bums and tums class at your local gym just don't cut it.

### **MISTAKE # 2: LIFTING LIGHT WEIGHTS**

#### **GET OUT OF THE PINK WEIGHTS AREA NOW!!!**

An observation I've made in my time working at commercial gyms is that they have a 'light weights area' and women automatically gravitate towards it. That isn't my main concern... Using the designated weights IS.

When I see females doing chest presses with 5lb dumbbells it hurts me. Seriously it's painful for me not to interfere and tell them to COP ON. Sorry I'm getting emotional but seriously do some push up progressions, bodyweight rows and bodyweight squats. PLEASE!

**Bryan Kavanagh**

## **MISTAKE # 3: Training For “Tone”**

Training For “Tone” is a major misconception in the fitness industry, and we would just like to briefly destroy the concept once and for all. We have daily requests that are along the lines of ‘I don’t want to lose weight I just want to tone here and there’ while pinching areas of their body they are unhappy with saying ‘I want the line on my triceps here and the line on my lower back there’ but I don’t want to get BIG muscles. We hate to break it to you but THAT IS MUSCLE! Now we are not saying you have to look like Madonna but them ‘lines’ are muscle and a simple reduction in bodyfat. You will STAY THE SAME SIZE it’s only a body composition shift, there’s NOTHING to be scared of.

## **MISTAKE # 4: Zoning In On “Problem Areas”**

OK, so you have problem areas or trouble spots, so it makes sense to focus on those areas, right? WRONG!!! At first glance it makes sense, but after closer examination you’ll understand why focusing on your trouble spots is not the solution to fixing them. This may require a mindset shift on your part as the mindset is the biggest problem area that needs addressing, especially when it comes to the issue of fat loss and trouble spots. So if you really want to SHIFT THE WEIGHT, start by making a major MINDSET SHIFT first.

I’ve had to address a lot of things in gyms over the years but the most frustrating is the major problem of spot reduction. The average person is under the impression that if you train a particular bodypart you will lose fat on that bodypart. This is simply NOT the case!

Rebecca is 27 years old. She isn’t very ‘overweight’ but could probably do with losing a few pounds. She has a few trouble spots that she would like to address. She is carrying a small amount of excess bodyfat on the back of her upper arms (bingo wings) and inner thigh. During a consultation with her I was mentioning the ‘type’ of training involved in addressing these areas; full body training and high intensity exercise. Rebecca was immediately confused! She had been under the impression that she was going to be giving a programme consisting of adductor movements and tricep work (the muscles UNDERNEATH the trouble spots).

The analogy I used to her was ‘if I take a bucket of water out of the corner of that swimming pool, the water comes from the entire swimming pool. . not just the corner’ I just happened to be beside a swimming pool at the time so I used what I had at my disposal at the time but you get the idea? You have to train your BODY to reduce BODY-Fat, your blood stream supplies the energy (in the form of fat) to your muscles, agreed? You cannot select where the fat comes from, your body does!

And I know it seems logical for your body to take fat from the area closest to the muscle working, but it doesn't! The blood is flowing! It circulates around uncontrollably and the fat that happens to be taken up by the working muscle may just have originated in your BELLY or your ASS! You don't have control over this aspect of fat loss! Live with it. Metabolic type work and a clean diet is the key to fat loss, doesn't matter where the fat is!

### **MISTAKE # 5: BEEN OBSESSED WITH WHAT THE SCALE SAYS!**

#### **STOP EVALUATING YOUR PROGRESSION WITH YOUR WEIGHING SCALE OBSESSION**

The trap most ladies fall into. Always look to achieve a body composition shift. Don't be obsessed with what the scale says. I had one client who I asked if she would be happy if her weight stayed the same on the scale, but if her bodyfat percentage dropped and if she looked better, leaner and tighter. This lady by the way had a body most women would kill for. She didn't answer my question, she told me she would still like to see the weight on the scale drop a little. She didn't get my point, I hope you do!

As my good friend Jodie Baxter likes to say "Ladies you are more than a number, so don't define yourself by one."

**Ian Graham**

### **MISTAKE # 6: Using Celebrity Diets and Workouts From "Magazines"**

PLEASE!!! For the love of YOUR OWN BODY ladies, do not look to celebrity gossip magazines for guidance on training and nutrition. Now we won't tarnish all the magazines and celebrities with the same brush here, but the vast majority of these magazines provide you with wrong and BAD information. Which celebrity is it this month? Ohh... wasn't she in this magazine before? Yo Yo dieter extraordinaire. Weight is up and down constantly, she's FAT this month, and "skinny" the next, a vicious cycle and a cycle you don't want to get into, and if you're in it already, well you need to get out of it and fast.

ALSO, don't look to celebrity workout DVD's and similar items for the solution. The majority of these products are complete rubbish. Do you really want to follow the information from these celebrity gossip magazines? Or do you want to use REAL INFORMATION that will help you attain and maintain a lean and sexy body all year long??? One that's lean, sexy and feminine, with curves in all the right places.

## **MISTAKE # 7: TAKING ADVICE FROM YOUR BOYFRIEND!**

Now let me start off by saying, this does not mean every girls guy doesn't know a little something about training, but what's wrong is when a lady simply thinks that the gym is a GUY THING, so she assumes her boyfriend will be able to help her out.

The problem is that most guys in gyms don't know how to properly train in order to achieve their own goals, so how can a woman expect her guy to help her achieve her goals, which will be different than his?

Of course your boyfriend has very good intentions and wants to help you as best he can, but if you are serious about your body and getting results, we suggest you look elsewhere for your training advice and guidance.

**Ian Graham**

## **MISTAKE # 8: Eating “Healthy” Instead Of Eating For Fat Loss!**

LISTEN UP LADIES There's a very big difference between eating what most people would consider healthy and eating with the intent of burning fat and getting LEAN.

Too often females get caught up in so-called “healthy eating plans” or simply eating foods that may well be healthy, but are they helping you attain the lean body the want? Are they foods that will help accelerate your fat loss efforts?

Often what will happen when a female starts off on a “healthy eating plan” is they will reduce or almost completely eliminate all fat intake (YOU NEED FAT TO LOSE FAT), consume many so called health foods, including breakfast cereals that are directly marketed towards females, and neglect protein intake.

## **MISTAKE # 9: Fearing Fat!!!**

DON'T fear the fat ladies! Dietary fat got a bad reputation in the 80's and 90's and into the 00's because a gram of fat contains more calories than a gram of protein or carbohydrate, and because some types of fat aren't good for you, i.e. trans fats and 'some types' of saturated fat but people shot themselves in the foot. The fact is that dietary fat is necessary for the human body to function effectively.

Cell membranes, nervous function and cell repair all rely on dietary fat and essential fatty acid intake. And some types of fats have powerful, drug-like effects on the body. Although it might have been difficult to believe a few years ago, dietary fat has emerged as one of the most important components of the diet for anyone who is healthy and wants to stay that way.

## **MISTAKE # 10: Not Consuming Enough Protein!**

PROTEIN, it's not just for the men. If you don't get enough protein in your diet, then your body starts using its own sources of protein for energy. And guess where your body gets the protein from? It starts eating away at your muscles - slowing your metabolic rate (ladies), reducing your strength AND bringing muscle growth to a grinding halt (guy's). Protein also plays an important part of a fat loss programme. To lose weight you must restrict the number of calories you consume. However, when you cut down on what you eat, the body starts using muscle protein as energy - in other words, you are literally 'eating' yourself. You must get enough protein from your diet to cover these losses. If you fail to get enough protein on a daily basis, you'll quickly lose strength, get weaker and your metabolic rate will slow down HALTING FAT LOSS INDEFINITELY!

Healthy Protein and Fat intake recommendations are made for the majority of the different populations in the 'Athletic Body System' and people will learn how to identify what metabolic type they are with a few easily administered tests you can do right at home!

## **MISTAKE # 11: Skipping Breakfast**

Skipping breakfast sounds like a good idea 1) your in a rush, you have to get to work 2) ah it will mean I can have a bigger lunch 3) save on a few calories 4) I'm just not hungry!

But let me first tell you the results of a study done recently. Two groups of overweight women were set up and given two diets with EXACTLY the same amount of calories and EXACTLY the same amount of carbs and fat. The only difference, one assigned a breakfast consisting of 58 grams of carbs, 47 grams of protein and 21g of fat. That equates to 610 kcals! The other group took in 7 grams of carbs, 12 grams of protein and 10 grams of fat, which equates to 300 kcals.

The rest of their allocated calories were divided up throughout the day. I reiterate that the two groups took in the SAME amount of calories per day and I'd like to also mention that these women took part in NO exercise! At the end of a four month period the results were not too different. Small breakfast group had lost an average 13kg and big breakfast group had lost 10 kg. Sounds about right? What the hell am I talking about? Keep reading! By the end of eight months the weight loss for the small breakfast group was only 5kg (they had RE-GAINED 8kg) and the big breakfast group was 17 kg! They lost a further 7kg! DON'T SKIP BREAKFAST.

- 1) Eat Something! (preferably NOT cereal) but if your stuck. . We really don't care what it is!
- 2) The 'I can have a bigger lunch is not true. After being starved, your body cannot wait to store that next meal.
- 3) Saving on calories is nonsense. Your body will merely adapt and slow your metabolism to match your reduction in calories.
- 4) We don't care if your not hungry eat SOMETHING
- 5) Eating 'something' will not only kick-start your metabolism for the day it will also stimulate fat metabolising hormones, appetite suppressants and vitalise you causing you to move around more through the day and consequently burn more calories! It makes sense! If you were handed a load of cash at the beginning of the day; chances are you would spend it! If you were given it later in the day when the shops are closed you would put it in your pocket and 'store' it you wouldn't throw it out the window! Your body is no different.

Skipping breakfast is akin to getting into your car as you set out on a long haul journey, noticing your gas tank light is flashing and deciding to drive past the first few gas stations in order to save time. You don't save yourself any time, you have to stop at some point, if you don't run out of fuel before you get to a gas station that is. Also, you'll be running off all the gunk and crap that lies at the bottom of your gas tank, not exactly ideal for your engine now is it? Also if you were running on empty chances are you would FILL UP your tank. i.e. store it!

In the nutrition section of the main manual we have fully covered everything you will need to know in order to plan your meals and snacks so that you are not just eating healthy, but also eating to accelerate your efforts and achieve your goals of developing a lean figure, one that's sexy, with a powerful and feminine midsection.

LADIES, please note that we will constantly use the word 'lean' throughout this text and within all materials within the 'Athletic Body Sculpting' system. We do this to drill it into you that getting leaner, not skinnier, should always be your goal. You want to end up with a lean and sexy body, not a flat and skinny body. Again major mindset shift is needed here on your part, so start thinking lean, not skinny.

# CHAPTER 2

## BIG Abdominal Misconceptions

As was mentioned in the introduction, everyone wants to have a sexy midsection, and more than anything they want to have a lean and sexy stomach. After all who wants to have to SUCK everything in, in order to squeeze into their jeans, only to reveal a nice sized muffin top once they release their breath, potentially busting the zipper on their jeans or at least feeling some discomfort with the fitting. Wouldn't you prefer to easily fit into the clothes you want to wear?

Developing a LEAN and powerful looking midsection isn't an easy task, especially if you're training your abs wrongly, over training them, eating poorly and overdoing the booze. There are many things people are doing wrong when it comes to training their ABS and a lot of MISCONCEPTIONS are getting in the way of your abdominal development. Below we will quickly address the primary abdominal misconceptions.

### Misconception Number 1

'I can do 1000 sit ups'

Well done so even if you ever do achieve LOW BODYFAT levels you have succeeded in making your abs SMALLER and therefore HARDER to see! Abdominals have also drawn the short straw when it comes to the average number of repetitions performed 1) per set 2) in total.

I have seen abdominal programmes that look like this. . I am not messing

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1. AB Crunch 3x25                 | 2. Feet Elevated AB Crunch 3x25 |
| 3. Oblique Crunch 3x 25 Each Side | 4. Leg Raises 3x20              |

Now that's 360 repetitions. . would you do 36 sets of 10 on the bench press? Didn't think so. And if you did you would be STUPID. The same goes for the abdominals. Who on earth died and said abs have to be trained in this manner? They are MUSCLES not magical structures that need to be beaten into submission every day to grow?!

The above 'programme' a seriously misguided trainer has prescribed, to me anyway, resembles a. . . wait for it . . . an endurance programme! And what ladies and gentlemen do endurance athletes have in common? They are thin and have very little definition because their muscles have been trained to become amazing LITTLE energy producing machines. Yes it is amazing and I have the utmost respect for these athletes. Would I like to look like one of them? No. The endurance type work will literally SHRINK your abs, making them LESS visible. Your Abs do not know they are abs . . simply muscle and need to be trained accordingly.

## **Misconception Number 2**

‘Cardio and crunches will burn the fat covering that area’

We discussed this in the main manual but I will reiterate the point here. ANY Exercise initiates a stress response from the endocrine system; cortisol. Low intensity and isolation exercise, by its very nature never allows the body to reach the intensity required to release growth promoting and fat releasing testosterone and HGH and continually exposes the body to unopposed cortisol which makes weight loss more difficult and BREAKS DOWN MUSCLE. Cortisol, in its wisdom also increases blood sugar levels, thus increasing insulin levels and decreasing fat loss. What I’m getting at here is that most if not all exercise should contain a level of intensity and isolation exercises such as crunches should 1) not be performed at all and 2) even if they are performed they should NEVER be preformed on their own! Ever heard of someone going to the gym to do their biceps and their abs? Could they have picked a more low intensity workout? Unopposed Cortisol City!

## **Misconception Number 3**

‘You ‘Tone’ your midsection’

First I’d like to abolish the notion of what ‘tone’ is. You cannot magically change the conformation of a muscle and make it a different shape or look a certain way with out it 1) growing bigger or 2) getting smaller. That’s it . . . that’s all a muscle can do. Toning is nonsense that is merely an improvement of body composition. I.e. Reduction in Bodyfat and simultaneous increased muscle mass. . . same size. . . looks different! That’s what tone is. Now when I say increase muscle mass I mean MINISCULE amounts of muscle mass. Abdominal muscles have been reported to reach a plateau in training. i.e. they cease to develop more and get bigger after a certain time. I both agree and disagree. . . all muscles are going to have a ceiling of development and the abs just seem to reach their ceiling sooner than others.

## **Misconception Number 4**

‘You can change the shape of your abs’

Some people seem to think that they can change the shape of their abdominals and they can make the ‘cuts’ deeper in between their abs. You CANNOT non-surgically change the shape or orientation of your muscle. Concentration crunches or whatever you call them are futile and nonsensical way to try to develop a ‘deeper cut’. This goal can only be accomplished by 1) increase size of the abdominal muscles 2) Decreased abdominal bodyfat. I need to first reiterate that your abs are muscles and need to be trained accordingly.

## Misconception Number 5

‘Crunches, leg raises etc are the best abdominal exercise’

In the past 10 years or so infomercial gadgets such as ‘Ab Rollers’ and the ‘Ab coaster’ have emerged (I’m a particular fan of the ‘Ab coaster’ I think the next one will be something along the lines of ‘the magnificent crunch machine’) and consequently we have been led to believe that these are the only or at least the best way to train our abs? How wrong are we? Luckily you have purchased this manual and we will later show you the most beneficial exercises and methods to use for developing sexy lean abs.

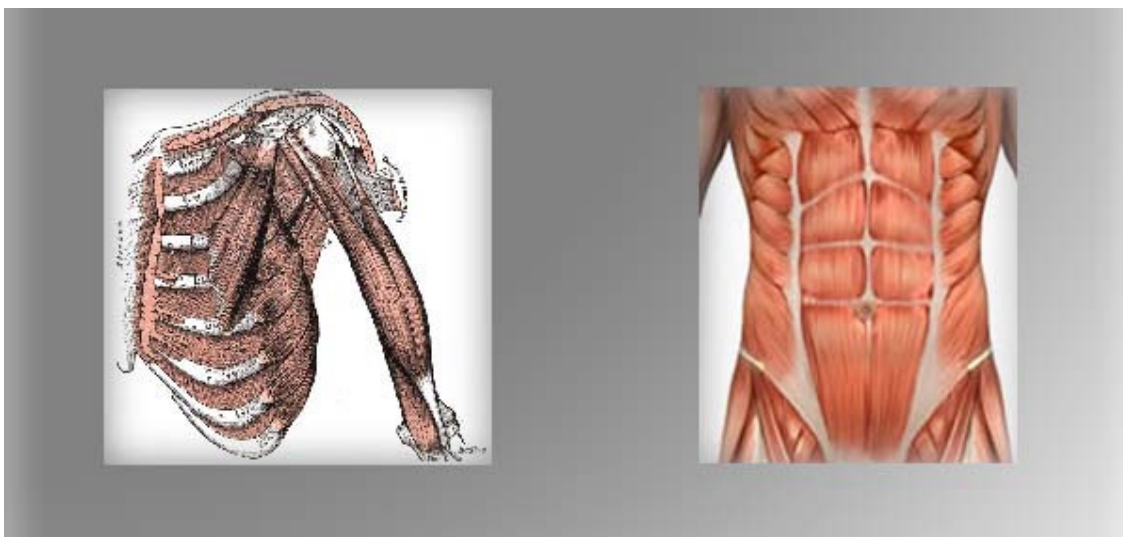
## Misconception Number 6

‘If I exercise my abs they will get bigger and then push my belly out and I’ll look fat!’

I think this is inadvertently answered in the text above but we’ll address it from a different perspective. There is the other side of the coin. Some people don’t even do crunches and neglect to do ANY work on their abdominals! Ok so you have a little bit of extra fat and your afraid to work out your abdominals for fear of them getting bigger and pushing your belly out further. Rest assured with more development your abs become stronger and are naturally semi contracted ALL the time making your stomach flatter and more composed. No more loosening your belt after a big meal, your abs will hold it in for you!

## The Abdominals – A Functional Perspective

Let me just explain the function of abdominal muscles for a moment. To put it simply, your abdominals are connected from your ribs to your hips. People then assume that your abdominals primary function is to bring your ribs/sternum closer to their hips; ‘a crunch’.



Lets take a look at two muscles. A Single abdominal muscle and a biceps brachii muscle. Look at the length of the bicep compared to the abdominal muscle. Look at their arrangement. If you haven't already noticed, the Bicep muscle is far longer and anchored to the forearm crossing over a nice HINGE joint called you ELBOW. Now the Bicep is based around a joint that is made to move in a single plane in a hinge like fashion. Now imagine where your abdominals originate. Simply put they begin at your rib cage and insert into the front of your hip. They are short individual muscles with areas of tendonous material in between them. The 'hinges' they are resting on are merely blocks of bones held together tightly with ligaments (vertebrae). No hinge joint in sight! This structure is not intended to work as a hinge, merely an intermediary for forces to travel through. The length of each individual muscle should initially get you asking

**'Well they cant really initiate much movement? They are so small'**

Well that would be. . CORRECT they can initiate small degrees of flexion of the hips/ upper body but is that their primary concern? No. The illiopsoas and rectus femoris (quad) muscles insert at the hip and attach to the upper leg and are powerful hip flexors and will over ride most flexion at the hip.

**'So what are they for then?'**

Well the abdominal muscles' primary function is to PREVENT hyperextension i.e. Stop you leaning back or support you when you are. And RESIST rotation. i.e. If you pick something up in one hand they will contract and prevent any excess rotation about your spine.

## **Here's Some Homework For You To Do!!!**

Stand with a shoulder width stance and toes pointing forward less than arms length on front of an immovable object i.e. a wall.

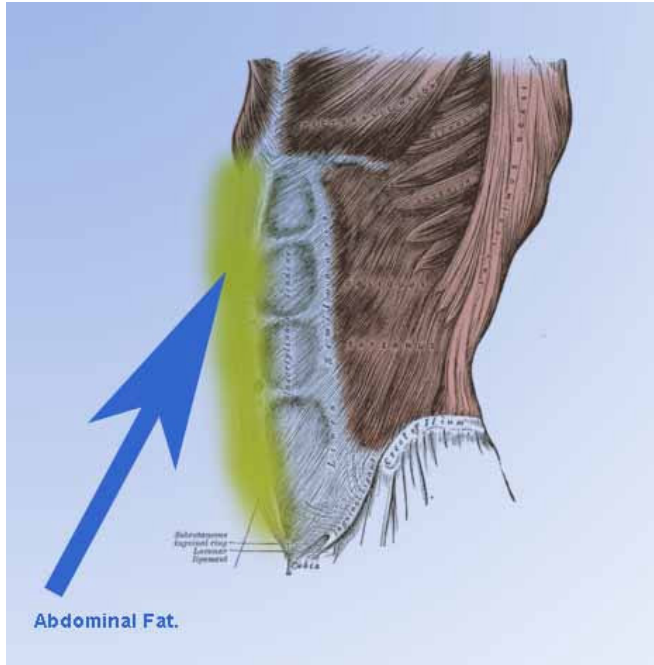
Now first push the wall with TWO hands. Where is the first place to tense? Your abs right? If not your broken. And you probably suffer from lower back pain and often wondered why. I believe we have just answered your question and I will explain how later.

Now stand in the same position and push the wall with one hand. Quickly, don't brace yourself before the push and DON'T move your feet. Where tensed first? The abdominals on the side of the arm you were pushing with yes? If not, see above.

Your probably thinking now 'hang on this LUNATIC is telling me to NEVER do crunches? Screw him, everybody says do crunches, what does he know?!' Ok so I have been a bit harsh on 'crunches' I think traditional crunches are nonsensical and counter productive. There I said it. But I do however have a soft spot for serratus crunches. They have much less of a range of motion and all the range of motion is THORACIC. In that I am utilising THORACIC mobility not lumbar mobility. You see our creator in his wisdom made our Lumbar Spine to provide STABILITY and our thoracic spine to provide MOBILITY.

# CHAPTER 3

## Fat Loss And Achieving A Lean and Tightly Sculpted Midsection



Ok we've told you what NOT to do and abolished MOST, if not all, of the MYTHS surrounding midsection training. So let's get straight into it. This report is going to be short. It's going to get straight to the point and tell you the truth about developing a lean and sexy midsection. We are not going to prance around the subject and tell you that these magical exercises or that magical program will make you see your abs. They won't, it won't. The key to burning fat, and in this case developing a LEAN and SEXY midsection is nutrition! Simple and straight forward as that. (Obviously you need to train your TROUBLE SPOTS but not in the manner that is previously thought)

Everybody has abs. Everybody has seen the ridiculous looking guy at the beach or at the pool who is so skinny, weak and untrained he has to get his girlfriend to open the poolside chair for him but has an absolutely ridiculous set of abs? That is merely a result of a low Body fat %. That's it. Not because he does his 360 crunches after every non-existent training session he does.

We get people come up to us all the time asking us what exercises work the lower abs more? Well first we'd like to point out that EMG (electromyography which is basically electrical activity in the muscle while its working) studies carried out to decide what movements caused the most activity in the abdominal muscles showed that there was a difference. About 5% difference if I remember correctly. i.e. Crunches activated the 'upper abdominals' 100% but only activated the lower abdominals 95%. These are not the actual figures because the data was not presented this way (and to tell the truth we can't find the study). But you get the point. We'd also like to point out that because a muscle is active it does not mean it is working the way it is supposed to or to the extent that will initiate growth. If you hold a shopping bag in your hand your bicep can be active. But it will not get huge, or 'toned' for that matter. Oh yea, 'bottom abs' well the truth is some people do not have 'bottom abs' its genetic so stop whining about it.

## **'Well how do I lose fat from my abdominal region?'**

We already spoke about how performing crunches or similar exercises to work the abdominal muscles will NOT burn the superficial body fat above them. This is 'Spot reduction' and it is a tangent to 'Misconception Number 2' you cannot simply pick a spot on your body and lose fat from there your body will decide where to remove it from. However there are a few exceptions to the rule/observations I have made.

## **Fish Oils**

Well I had done a small amount of research on fish oil supplementation and had been taking in 8-10 g/day myself seeing benefits alright. But I continued researching and came up with the following: Combine fish oil supplementation with training and you get more fat loss than training alone. And where did most of this fat loss come from in the studies? The abdominal region! This is about as close as you can get to non-surgical spot reduction. The only other Hypothetically the most stubborn fat cells (naval and abdominal adiposity) are the ones to go first or in line with other fat stores because the only reason this was a problem area was either not enough dietary fat in the diet and increased insulin resistance. A sign of insulin resistance and development of type 2 diabetes is central adiposity (bellyfat) and the fact that this fat goes first only proves that omega-3s can increase insulin sensitivity, which leads to less fat storage and more fat release.

Skin Folds, if you are not already aware, measure the width of a fold of skin + the fat underneath. I will use the abdominal fold as an example here on Robert (See AA) the boxer I got from 13% bodyfat to >5% in a matter of months. He was having serious trouble losing his abdominal fat. His most recent skinfolds and dates are below. Notice the pattern? ALL his skin folds are lowering exponentially but the abdominal fold is remaining the same? What a predicament? I was confused. He was losing it everywhere! Chest, Triceps, Subscapular folds were all lowering nicely. The abdominal fold was hanging on for dear life! I took a leap of faith and told him to go from taking about 8g fish oil per day to ~20g. Within a week the abdominal fold was reducing at a faster rate than the rest. Maybe it was just its time or did the fish oils do the trick??

**Bryan Kavanagh**

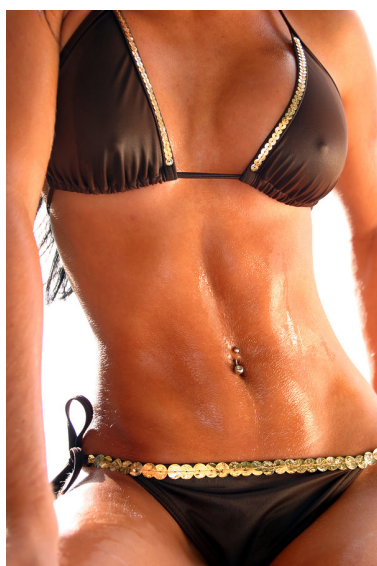
## Heavy Lifting

Big compound lifts such as Squat, Bench Press and Deadlift and their variations all develop your abdominals to a greater extent than any amount of crunches will do. The immense amounts of stabilisation the abs have to do for your spine cause them to contract powerfully in order to keep the torso neutral and create intra abdominal pressure (think of a kidney belt. . the silly looking thing gym rats have with them so they look like they are lifting heavy. . the abs do a better job of it, put the kidney belt DOWN)

## Unilateral Training

Unilateral training was covered in the main manual but I will reiterate. Unilateral training of ANY description requires the abdominals to again perform the anti rotation movements we spoke of. Now I love this method of ab training purely because it completely prevents lumbar (lower back) flexion especially if the weight is being held overhead. Holding a weight over head locks your lumbar spine in position and causes thoracic extension. A version I seen in Gray Cooks presentation at the NSCA Annual conference in Vegas I really like of this is actually kneeling and pressing the weight over head because it removes the temptation to lean back if shoulder mobility is restricted. Single Hand Kneeling Shoulder Press. .Go try it!

## Sprint Training



Sprinting has shown exciting results for both abdominal development AND spot reduction. Again this is simply an observation that I have made, but I DON'T think it is in any way a coincidence that SPRINTERS have highly developed and LEAN abs. I very much doubt it's from the crunches they do before they go to bed every night. . Correct me if I'm wrong but I think it just MIGHT be the sprinting!

## **Bodyweight Training**

People have developed the notion that bodyweight training is easy and they MUST do weights in order to tax themselves. I beg to differ. Just because you can do 10 half arsed push-ups does NOT mean u can master your Bodyweight!

Bodyweight exercises such as inverted rows, bodyweight squats, single leg squats, jumps, burpees, and plank variations all have progressions and they can all create a VERY effective workout that EVERYONE can benefit from. Supporting your body in all these positions not only taxes the abdominals but it is functional as well! You should always have the goal of been able to perform these exercises and it's never too late to learn how to master your own bodyweight. Not only that but once you master these bodyweight exercises you can always start adding additional load in order to further challenge yourself and keep progressing.

### **Push Ups**

Performing Push ups causes your abs to contract and Stabilise the ENTIRE body, serve to prevent hyperextension, and work serratus anterior. There are numerous push up progressions, and if you want a really challenging ab workout, just keep progressing through the various push up progressions until you're able to perform stability push ups using gymnastic rings or chains. You can purchase rings at [www.ringtraining.com](http://www.ringtraining.com)

### **Inverted Rows**

Inverted Rows require the contraction of the entire midsection to stabilise the lumbar region and the ENTIRE posterior chain.

### **Chin Ups**

Performing Chins will work the Intercostal muscles (muscle in between ribs that can be easily seen at low bodyfat %'s) and the abs act to stabilise the entire unanchored lower body and prevent swinging. Swing when you chin? That could be the reason you cant do many! Back to the drawing board!

### **Parallel Bar Dips**

Dips will work the serratus anterior and as with the intercostals are a must for a FULLY developed midsection. The abdominals will act to stabilise the unanchored lower body.

### **Squats**

Whilst you perform bodyweight squats the abdominals have to contract in order to maintain lumbar stability. There are many squat progressions you can use, from basic prisoner style squats you can progress to split squats, split squat with rear leg elevated and single leg squats with the free leg in various positions.

# Metabolic After-Burn Training For Fat Loss

People approach fat loss completely wrong. Too many people are wasting their time performing too much low intensity aerobic training, because they are told to stay in the so-called 'FAT BURNING ZONE' in order to burn fat. Well hold onto your hats because...

We're telling you to EXIT THE "FAT BURNING ZONE" NOW, if you want to start burning serious amounts of body fat. We've already covered this topic in great detail in the main manual, but again we want you to start thinking outside the workout. Start looking at what you're doing within your workouts and look at what impact it's going to have on your metabolism once your workout is complete.

When it comes to training for fat loss and attacking stubborn abdominal fat we want to utilize exercises, activities and training methods that will not only cause us to expend a large amount of energy (calories) during the workout itself, but we also want those activities to have a ripple effect on our metabolism and keep us burning calories at a much higher rate post workout by keeping our metabolism highly elevated.

The 'Athletic Body System' fat loss training system is based around the concept of metabolic after-burn training. This is why we utilize training methods such as:

- **Athletic Body Circuits**
- **Athletic Resistance Training**
- **Interval Training and Dynamic Intervals**

Refer to the 'Athletic Body Sculpting' manual for complete details on all our fat loss training methods and sample fat loss pathway plans and routines.

## **How Low Do You Need To Go, Before Your ABS Will Show!!!**

I have to get my bodyfat % down to around 4.5 % before I see my 'bottom abs' because I have not got deep intersectiones tendinae (the horizontal sections of tendonous material between your abs) and linea alba (the vertical gap running down the middle of your abs). Ian on the other hand can be around 10-11% bodyfat and his abs will still be on display. What if I were to tell you that unless I am below 8% bodyfat I cannot see my abs at all?! Again it's genetic. Deal with it.

**Bryan Kavanagh**

# CHAPTER 4

## Developing A Bootylicious Butt And Lean Luscious Legs

Do you want a better butt, one that's firmer and much more uplifted? Do you want a bootylicious butt? And who wants to have a sexy butt if it's not attached to some lean luscious legs? Do you want to actually look forward to putting on your skinny jeans or your two-piece bikini, because you look so damn good in them?



There's absolutely nothing sexier than a lady with a well-developed butt, and there's nothing worse than having a flat behind. Have you ever taking the time to look at top female athletes and wondered how on earth they develop such nice looking behinds?

Take a moment to think about how well developed the behinds and legs of female gymnasts, volleyball players, long jumpers, triple jumpers, high jumpers and pole vaulters are. They all have amazing bodies with really well-developed butts.

What do ALL these athletes have in common, apart from their amazing legs and butts??? They are all involved in sports or disciplines that require them to MOVE and to JUMP!!! These athletes perform a lot of single leg activities, movement based activities and jumps in their sports and training programs.

Based on what these athletes do to achieve their great bodies and in particular their great legs and glutes, you'll want to start incorporating some exercises into your butt and leg program that will require you to 1) stand whilst performing the exercise, 2) perform the exercise on one leg, 3) move in multiple directions, or 4) JUMP!!!

The 'Athletic Body System' butt and leg program utilizes the following exercises:

1. Movement Based Exercises
2. Multi Directional Exercises
3. Single Leg Exercises
4. Jumping Exercises
5. Combo Exercises

## **Movement Based Exercises**

These are exercises that require you to move your body, as opposed to remaining in a stationary position. Too many exercises require you to remain stationary whilst doing the exercise or activity. Athletes rarely perform stationary exercises, the majority of the work they do is movement orientated.

We encourage you to utilize movement-based exercises such as walking lunges, which can be performed in multiple directions.

## **Multi Directional Exercises**

These are exercises that require you to move your body through different planes of motion. For example, you could perform lunges in several directions, forwards, lateral, diagonal, and backwards. Again athletes move their bodies in many directions. Even athletes involved in linear based events understand the vital importance of performing multi-directional exercises.

We encourage you to utilize multi-directional lunges and multidirectional mini-band walks to cover this key training aspect in your butt and leg program.

## **Single Leg Exercises**

I think the name gives it away. These are exercises that require you to perform the exercise whilst on a single leg support. Not only do single leg activities challenge your balance and stability but they also help strengthen key stabilizers in the knee.

The main single leg exercises we use are, single leg squats, lunges of all kinds, step ups, step downs, bulgarian split squats, single leg deadlifts, single leg hip lifts and single leg bench supported side plank.

## **Jumping Exercises**

These are exercises that require you to jump (leave the ground and get airborne) either upwards, forwards, laterally or diagonally. We are primarily concerned the exercises that require you to jump upwards or laterally.

Jump exercises require you to take advantage of what's called the stretch shortening cycle and to use stored elastic energy. Let's look at a squat jump for an example to demonstrate this. As you start to lower down into the squat position in preparation for exploding violently upwards, the muscles contract eccentrically and elastic energy is loaded up in the muscles. From the bottom (squat) position you will quickly change direction and explode violently upwards as the muscles contract concentrically, releasing the elastic energy. Think of stretching an elastic band and then releasing it.

Here's something for you to do in order to better understand the concept of the stretch shortening cycle and the use of stored elastic energy. Take your right hand and place it palm side down on a flat surface, such as a desk or counter top. Now start tapping your right index finger on the surface repeatedly. Now what I want you to do is to take your left index finger and use it to pull back (stretch) your right index finger, before quickly releasing it. Did you see and feel the difference? Ok good, now let's move on.

The primary jump exercises we will take advantage of are; squat jump variations, step up jump variations, and lateral stability bounds.

## **Combo Exercises**

Combo or combination exercises are exercises that will include two or more of the above exercise types combined. For example, a lateral step up jump will cover all four elements we discussed above, as they will require you to...

1. Move your body from one point to another.
2. Move your body laterally.
3. Perform single legged.
4. Jump.

So this one exercise has combined all four elements into the one movement.

Lateral mini-band walks on the other hand are not a jump based exercise, but they will still require you to move your body, move it laterally and move one leg at a time. So you can see that although we want you to achieve various movements and tasks, utilizing a small number of exercises can achieve this. The more advanced you become the more you can progress through the exercise variations and the better the training effect will be.

## **The Missing Element In Your Butt And Leg Training Program**

In the 'Athletic Body Sculpting' manual we talked extensively about training with more intent or purpose. Likewise, with all these exercises you'll need to focus your attention on what you are doing and what you want to achieve from the exercise. Some of the exercises should be performed slowly and will require you to intentionally squeeze your glutes and hamstrings tight, and then hold the top position briefly (as in a single leg hip lift). Other exercises, like jump exercises will require you to perform the MOVEMENT much FASTER, whilst not rushing through the exercise with poor technique or cheating range of motion.

# CHAPTER 5

## Midsection Training Exercises and Training Routines

Okay so we told you that:

1. Developing a lean and sexy midsection starts in the kitchen.
2. Your abdominal muscles' primary function is to initiate a SMALL amount of flexion, (approximately 15°) prevent hyperextension and resist rotation.
3. Intensity is paramount with midsection training.

**'Yea I got that part, so how the hell do I train that?'**

Below we will outline REAL Midsection workouts that will include intensity and all of the above movements. And we know you want it so we devised them to 'burn' a little.

### Beginner Level AB Programs

The beginner abdominal workouts are designed to get the abdominals functioning the way they're supposed to. Each exercise is taxing yet not impossible. You probably saying to yourself 'I've done all these before' well done! Do the intermediate level and see how you get on! The Plank and side plank combo is there to train your abs to prevent hyperextension and resist lateral flexion of the lumbar spine and develop shoulder and scapular stability. Do these for 15 seconds each. Feel free to progress to 30 + 30 +30 and take 30 seconds break if you like then progress onto the single leg knee tucks. Now you may ask 'knee tucks? Isn't that lumbar flexion?' No it is HIP flexion and I didn't say put your knee in your mouth I said tuck your knee. People have this idea that when someone says 'tuck your knees' they MUST bring them to their chest or try take a bite out of them. If done properly the purpose of this exercise is actually to get used to the foot leaving the ground and causing your abs to resist rotation (and hyperextension as you are still essentially in the plank position) as a result. An easy version of this is to simply lift the leg off the ground and add in the tuck afterwards as a progression. The Half Get Ups are there to get used to cause the abdominals to initiate that SMALL 15° of flexion and a little rotation while keeping the lumbar spine stable. Use no weight to begin with and add a light dumbbell/kettlebell as you feel necessary.

## Athletic Abdominal Circuits – Beginner Level I

### Beginner Level I AB Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
Plank on Knees	45 seconds	15 Seconds
Mountain Climbers	45 Seconds	15 Seconds
Serratus Crunch	45 Seconds	60 Seconds

### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

## Athletic Abdominal Circuits – Beginner Level II

### Beginner Level II AB Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
Plank and Side Plank	15 Seconds Each Position (45 Seconds Total)	15 Seconds
Mountain Climbers	45 Seconds	15 Seconds
Half Get Up	45 Seconds	60 Seconds

### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

## Intermediate Level AB Programs

The Intermediate programs will be a little more taxing and a little more fun! We are sticking with the plank but adding in a simple progression. Alternating lifting the feet off the ground and in the side plank we are going to do our knee tuck/hip flexion with our top leg. Sounds weird right? Sounds like a circus act right? Stay with me! This movement will cause the abs and obliques to resist rotation in the side plank position. You do want obliques don't you? Spidermen, also a glorified progression of the plank will cause the abs to resist hyperextension and rotation AND you will have to flex the hips and bring the knee laterally to your elbow (like a knee tuck except you are on your elbows and closer to the ground so the knee has to take the scenic route. Again the knee does NOT need to end up in your mouth. The Renegade Row Plank is similar to alternating lifting your legs off the ground but with your hands. You will essentially be in the plank position and 'rowing' your hand to your chest.

<b>Athletic Abdominal Circuits – Intermediate Level I</b>		
<b>Intermediate Level I AB Circuit - Perform x 3 Circuits</b>		
<b>Exercise</b>	<b>Time Duration</b>	<b>Rest Interval</b>
Plank + Alt Leg Lift Side Plank + Hip Flexion	15 Seconds Each Position (45 Seconds Total)	15 Seconds
Spiderman Plank	45 Seconds	15 Seconds
Real Row Plank	45 Seconds	45 Seconds
<b>How To Perform The Exercises</b>		
PLEASE Refer To The ABS Exercise Bible for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.		

## Athletic Abdominal Circuits – Intermediate Level II

### Intermediate Level II AB Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
Reverse Plank + Leg Lift	45 Seconds	15 Seconds
Plank Crossover Climbs	45 Seconds	15 Seconds
SL Alternate Squat Thrusts	45 Seconds	60 Seconds

### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

## Advanced Level AB Programs

The Advanced Abdominal workout gets a bit tricky! We are using weight and it can be as hard as you make it! The Real Row will be identical to the bodyweight real row but you will use weight! Weight that will make you feel as if you will fall over! Come on this is the advanced workout; if you can't use weight and make this hard for yourself you can go back to the intermediate program! These are to be performed fast and without a break between reps. Burpees are perhaps the most under-rated exercise on the planet. They will make your abs work **HARD** as they will have to initially prevent hyperextension then perform an explosive knee tuck along with a powerful back extension for the jump. In the landing phase you will have to extend the hips and then decelerate the legs causing the abs to contract eccentrically (like a negative rep for abs). The Turkish Get Up will also be weighted and **WILL** be taxing in your fatigued state! Remember to always look UP and to keep the arm straight!

## Athletic Abdominal Circuits – Advanced Level I

### Advanced Level I AB Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
DB Alt Real Row (FAST)	45 Seconds	15 Seconds
Burpees (Explosive)	45 Seconds	15 Seconds
DB Alt Turkish Get Up	45 Seconds	60 Seconds

### How To Perform The Exercises

PLEASE Refer To The ABS Exercise Bible for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

## Athletic Abdominal Circuits – Advanced Level II

### Advanced Level II AB Circuit – Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
DB Overhead Squat	45 Seconds	15 Seconds
Tuck Jumps	45 Seconds	15 Seconds
DB or BB Rollouts	45 Seconds	60 Seconds

### How To Perform The Exercises

PLEASE Refer To The ABS Exercise Bible for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

# Programs To Address The Butt and Legs

Below we have outlined several circuit style routines that place a high demand on not just the GLUTES but the hips and legs as well. We call them 'Athletic Butt Circuits', but like we just said, they target more than just your butt.

Just as with the abdominal workouts, these routines will include intensity and again we know you want it so we've devised them to 'BURN' a little, actually these athletic butt circuits will 'BURN' a LOT!!!

## Beginner Level Butt and Leg Programs

<b>Athletic Butt Circuits – Beginner Level I</b>		
<b>Beginner Level I Circuit - Perform x 3 Circuits</b>		
<b>Exercise</b>	<b>Time Duration</b>	<b>Rest Interval</b>
BW Step Ups	30 Seconds Each Leg	No Rest
Hip Lift (Glute Bridge)	30 Seconds	No Rest
BW Front Squat	30 Seconds	No Rest
BW Walking Lunges	60 Seconds	Rest 1 Minute
<b>How To Perform The Exercises</b>		
<p><b>PLEASE Refer To The ABS Exercise Bible</b> for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.</p> <p><b>NOTE:</b> BW = Bodyweight.</p>		

## Beginner Level Butt and Leg Programs

### Athletic Butt Circuits – Beginner Level II

#### Beginner Level II Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
DB Step Ups	30 Seconds Each Leg	No Rest
Feet Elevated Hip Lift	30 Seconds	No Rest
DB Front Squat	30 Seconds	No Rest
DB Walking Lunges	60 Seconds	Rest 1 Minute

#### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

**NOTE:** DB = Dumbbell.

## Intermediate Level Butt and Legs Programs

### Athletic Butt Circuits – Intermediate Level I

#### Intermediate Level I Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
BW Lateral Step Downs	30 Seconds Each Leg	No Rest
SL Hip Lift	30 Seconds Each Direction	No Rest
DB SL Deadlift	30 Seconds	No Rest
Reverse Plank	30 Seconds Each Leg	Rest 1 Minute

#### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

**NOTE:** BW = Bodyweight. DB = Dumbbell. SL = Single Leg.

## Intermediate Level Butt and Legs Programs

### Athletic Butt Circuits – Intermediate Level II

#### Intermediate Level II Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
DB Lateral Step Downs	30 Seconds Each Leg	No Rest
SL Feet Elevated Hip Lift	30 Seconds Each Leg	No Rest
DB SL Stiff Leg Deadlift	30 Seconds Each Leg	No Rest
Reverse Plank + Leg Lift	30 Seconds	Rest 1 Minute

#### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

**NOTE:** DB = Dumbbell. SL = Single Leg.

## Advanced Level Butt and Legs Programs

### Athletic Butt Circuits – Advanced Level I

#### Advanced Level I Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
Lateral Mini-Band Walk	30 Seconds Each Direction	No Rest
Lateral Stability Bound	30 Seconds	No Rest
SL Support Side Plank	30 Seconds Each Side	No Rest
Alt Split Squat Jumps	30 Seconds	Rest 1 Minute

#### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

**NOTE:** ALT = Alternate. SL = Single Leg.

**NOTE:** For mini-band walk use light level resistance band or no band at all!

## Advanced Level Butt and Legs Programs

### Athletic Butt Circuits – Advanced Level II

#### Advanced Level II Circuit - Perform x 3 Circuits

Exercise	Time Duration	Rest Interval
Lateral Mini-Band Walk	30 Seconds Each Leg	No Rest
Lateral Stability Bound	30 Seconds	No Rest
SL Support Side Plank	30 Seconds Each Side	No Rest
DB Rocket Jumps (Load-Unload-Explode)	30 Seconds	Rest 1 Minute

#### How To Perform The Exercises

**PLEASE Refer To The ABS Exercise Bible** for all exercise illustrations and detailed exercise descriptions for the above-mentioned exercises.

**NOTE:** DB = Dumbbell. SL = Single Leg.

**NOTE:** For mini-band walk use medium to heavy level resistance band!

# CHAPTER 6

## Incorporating Midsection Exercises Into Your Training Program

Ok so you're probably wondering when should you incorporate midsection exercises and these circuit training routines into your training program? Well it's rather simple. First you'll need to evaluate where you are presently, and how much the addition of these routines will help you achieve your goals.

You will need to prioritise your training. There's a principle that's called the 'priority principle', which means you FOCUS on what needs most attention (what's priority) early on in your session. NOW hold on. People will hear this and think, well I have a big belly so I need to focus on my AB work first then, right? WRONG!

If you have a big belly, you need to focus on shifting the fat that's covering your abs, that's your priority and you will achieve that goal by utilizing the fat burning training methods contained within the main manual and most importantly you will need to help the fat burning process by properly addressing your nutrition.

You also need to keep in mind that everything you are doing, if you're doing what we recommend in the main manual, will engage your midsection to some extent, so get away from thinking you're only working your midsection when you are performing direct or isolated work.

However, if you are at a point in your physique development where the inclusion of these exercises and circuit training routines will assist you, which they will, the best way to incorporate them into your training program is to use them as a 'workout finisher' (see main manual for workout finishers). Using athletic abdominal circuits and athletic butt circuits is a great way to FINISH off your workouts!!!

Just make sure you perform all exercises correctly, monitor your rest intervals and keep the INTENSITY high. Regardless of what level you are at, INTENSITY is relative, so make sure you keep the intensity high, relative to yourself and your own ability!

## The KEY Takeaway Points

- Every woman wants to have a lean, sexy and feminine midsection
- Don't do crunches. . .With the EXCEPTION of the serratus crunch
- High repetition isolation abdominal work is counter productive and can IMPAIR the visibility of Abs
- Crunches WILL NOT burn fat
- You CANNOT 'Tone' your midsection or trouble spots
- You CANNOT change the shape of your ABS
- Crunches and leg raises etc. are NOT the best abdominal exercises
- Inner thigh machines are NOT the solution to your inner thigh problem
- Your ABS are designed to STABILISE your midsection, NOT FLEX IT
- Regardless of how much midsection work you perform, if you do not address your nutrition you WILL NEVER develop the lean and sexy feminine midsection you desire
- Spot Reduction is a MYTH (the above examples of it are merely observations, do not think for one moment that fish oil supplementation ALONE will make you lose 10lbs of belly fat. . BIG FAT NO)
- Sprinting, heavy lifting, bodyweight exercises, unilateral training, movement orientated exercises, multi-directional exercises, jump exercises and Fish oil supplementation COMBINED must be added to your toolbox if you ever want to see develop a sexy and feminine midsection, with curves in all the right places!
- Ultimately a LEAN and SEXY midsection is made in the kitchen, so if you want to get started on a midsection makeover, we suggest that you give your kitchen a makeover first!!!

# CONCLUSION

We hope you've found the information contained within this manual useful and we hope you'll put it to good effect in your quest to develop lean and sexy midsection.

Hopefully after reading you've already changed, or at least starting to change, the way you look at midsection training, the use of crunches and what you need to do in order to develop address your trouble spots.

The midsection is a wonderful part of the body to develop and showcase. However, developing an obsession to attain a sexy midsection and focusing too much on direct midsection work at the expense of other things you NEED to be doing with your training time is NOT the correct way to go about attaining the LEAN and TIGHTLY sculpted midsection you want.

Look over the key takeaway points and focus on those. Remember when it comes to your MIDSECTION it's the biggest things in terms of the bigger lifts and the bigger movements that are going to make the biggest difference in your development. Only when you get to a certain level of leanness and will the addition of the smaller items (direct midsection work) start to make a small amount of difference. However, the good thing about the exercises and routines we have just introduced you to is that they target the midsection, via FULL-BODY exercises and the routines themselves DO NOT take LONG to complete and like we already said the circuits are actually constructed in a manner to assist your FAT-LOSS efforts.

So take what you've learnt from this manual, combine it with the information from all the other materials and put it to good effect, and you'll begin to notice some real big changes in your midsection (and your whole body) within a matter of a few weeks.

*Your lean body coaches,*



**Bryan Kavanagh, BSc, CSCS**



**Ian Graham, CPT, USA Track & Field Level II Coach**