

Summer Shred - Ab Series



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Summer Shred – Ab Series

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Prelude

Overcoming our challenges in life is often frustrating when done alone. That is why multiple contributors have put in time and effort into this document for you. We have the motivation to keep going daily. Now, we want you to have over 30 different core workouts to help you further develop your health and fitness. Welcome to the Ab Series.

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#NeverBeenStronger

This is a lifestyle. There are no gimmicks, participation awards, or feeling sorry for not completing a task at hand. This lifestyle is about developing the mind and body as a whole. If you do not treat both as an equal, you will never reach your full potential. Our body is our armor and our mindset is what allows us to conquer opportunity. If you have not felt like you have Never Been Stronger, you will soon find yourself saying that you have.

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Nutrition

As far as nutrition goes, it is pretty simple. Do what works for you and your goals. It doesn't matter what your friend or co-worker is doing. Think about what you have been doing in the past and think about what has worked. If you are still doing that, great. Overall, we recommend that you consume any foods that can live or die. If you do consume those food types, you will likely be eating a diet that is free of fake man-made foods that have caused many controllable diseases in the United States today. This Ab Series will not trump any nutritional lifestyle that is not said to be healthy for you. Nutrition is always first and foremost.

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Intro

You are about to embark on the next eight journey of the Summer Shred Ab Series. These workouts and exercises are not intended to prevent or create any certain image for an individual. These workouts and exercises are intended to guide you over the next eight weeks to help develop a greater development of your abdominal and lower lumbar muscles in the back. If you feel like you are doing any exercise wrong or that you have any questions, please send us an email and we will be happy to answer. However, please feel free to see pages 17 - 22 for links to all exercises in this document.

Emails

support@neverbeenstronger.com

joey@neverbeenstronger.com

Summer Shred – Ab Series

Week 1

Day 1

10 Minutes of Torture

V Sit Ups x 10

Russian Twists x 10 per side

Bent Arm Planks x 30 Seconds

- Repeat for as many rounds as possible in 10 minutes

Day 2

Flat Foot Sit-ups x 15

Lying or Hanging Leg Raises x 10

Side Planks x 20 Seconds each side

Lying Superman's x 15

-5 Rounds

Day 3

Burpee's x 5

Bird-dogs x 10 per side

Mountain Climbers x 15 per leg

Hip Bridges x 20

Jumping Jacks x 25

-4 Rounds

Notes:

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Week 2

Day 1

5 minute Tabata planks

5 minute Tabata ab roll outs

- 20 seconds of work, 10 seconds of rest

Day 2

Flat Foot Sit Ups x 15

Heel Touches x 15 each side

Pall-off Press x 15 each side

Back Extensions w/ Medicine Ball x

45 seconds

-4 rounds

Day 3

Lying Superman's x 20

V Sit Ups x 20

Med Ball Side Throw x 15 each side

Flutter Kicks x 30 seconds

-5 rounds

Notes:

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Week 3

Day 1

Russian Twists x 10 each side
Cable Crunches x 15
Hanging Knee Raises x 15
Crunch with Med Ball x 15
PUPP x 30 seconds
-4 rounds

Day 2

5-minute Crunches, 10 reps every 30 seconds
Plank with Feet on Workout Ball 3 x 1 minute

Day 3

PUPP Knee to Chest x 10 each leg
Bicycle x 20 per leg
Lying Straight Leg Holds x 30 secs
Lying Opposite Hand to Foot x 10 / side
-4 rounds

Notes:

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Week 4

Day 1

Bosu Ball Toe Touches x 15 per side
Stir the Pot Plank x 15 per side
Renegade Dumbbell Rows x 15 per side
-4 rounds

Day 2

Side Plank Rotational Twists x 15 per side
Reverse Crunches x 15
Bent Arm Plank w/ Hip Extension x
10-15 / side
-4 rounds

Day 3

Weighted V - Up x 20
Lying Leg Raise x 20
Bicycles x 30 seconds
-5 minutes AMRAP

Notes:

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Week 5

Day 1

Alternating Superman x 15 per side
Lying Oblique Crunches x 20 per side
Flutter x 30 seconds
-5 rounds

Day 2

Ab Roll Outs x 20
Hollow Body Hold x 60 seconds
Russian Twists x 60 seconds
-5 rounds

Day 3

Weighted Dead-bugs x 20 per side
Weighted Bent Arm Plank x 60
seconds
Cable Ab Crunches x 15
-5 rounds

Notes:

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Week 6

Day 1

Bent Arm Side Plank Hip Dips x 15 / side

Single Arm DB Overhead Side Bends x 15 /side

Mountain Climbers x 15 per leg
-5 rounds or AMRAP in 8 minutes

Day 2

Weighted Decline Crunch x 30

Decline Russian Twists x 20 per side

Sit Up Hold x 30 seconds

-4 rounds

Day 3

Bird Dog x 10 per side

Flutter x 45 seconds

PUPP Knee to Chest x 45 seconds
-4 rounds

Notes:

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Week 7

Day 1

PUPP Knee to Chest x 15 / leg
Lying Oblique Crunch x 20 per side
Side Plank Rotational Twists x 20 per side
-4 rounds

Day 2

Hanging Leg Raises x 15
Banded Ab Crunch / Pull Down x 40
Exercise Ball Plank Rotations x 20
(Clockwise / Counterclockwise)
-4 rounds

Day 3

Single Arm Farmer Carries x 45
seconds / side
Cable Wood Choppers x 20 per side
Side Plank x 45 seconds per side
-4 rounds

Notes:

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Week 8

Day 1

Hanging Toes to Bar x 20

Flat Foot Sit Ups x 20

Bicycle Crunches x 45 seconds

-5 rounds

Day 2

Diagonal Ab Roll Outs x 10 / direction

DB Renegade Rows x 15 / side

-5 rounds

Day 3

Weighted Legs Raised Crunch x 20

Weighted Russian Twist x 20 per side

Flutter Kicks x 20 / Leg

-5 rounds or AMRAP 8 minutes

Notes:

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Week 9

Day 1

Accumulate 3:00, plank in each position

Forearm plank

Right side plank

Left side plank

** break up however you would like or need to. For example: :45 forearm position, :30 seconds left side, :30 seconds right

Day 2

Flat Foot Sit Ups x 30

Hollow rocks x 20

Tuck Ins x 10

-4 rounds

Day 3

Side Plank Rotational Twist
(each side) x 10

Weighted Sit Ups x 10

Russian Twist x 20 per side
(No Weight)

-4 rounds

Notes:

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Week 10

Day 1

Mountain Climbers x 30 per leg
Weighted Dead-bugs x 20
Side Plank Rotational Twist w/
Weight (each side) x 10
-4 rounds

Day 2

Shoulder Taps x 20 per side
V Sit Ups x 20
Russian Twist x 20 per side
(No Weight)
-5 rounds

Day 3

Hollow Rocks x 30 seconds
Mountain Climbers x 30 per leg
Flutter x 30 per leg
-4 rounds

Notes:

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Week 11

Day 1

50 ft suitcase carry (each side)
50 ft double OH carry
50 ft single arm OH carry (each arm)
-4 rounds

Day 2

Kettle-bell Windshield Wipers x 10
Hanging Toes to Bar x 10
Hanging Knee Ups x 10
Hollow Rocks x 20 seconds
-4 rounds

Day 3

Tabata:
Hollow rocks
:20 seconds on, :10 off
For 8 sets
100 flutter kicks as fast as possible

Notes:

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Week 12

Day 1

Mountain Climbers x 30 per leg

V Sit Ups x 20

Hollow Rocks x 10

-5 rounds

Day 2

:20-:30 Starfish Plank (each side)

Russian Twist x 30 per side

Mountain Climbers x 40 per leg

50 ft Quadrupled Crawl

-5 rounds

Day 3

2 min Turkish get ups 53/35

(Male/Female loads)

Accumulate 2 minute: PUPP

** rest as needed between rounds**

-5 rounds

Notes:

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Exercise Videos

Week 1 Exercises

V Sit Ups - **Video**
Russian Twists - **Video**
Bent Arm Planks - **Video**
Flat Foot Sit-ups - **Video**
Lying or Hanging Leg Raises - **Video**
Side Planks - **Video**
Lying Superman's - **Video**
Burpee's - **Video**
Bird-dogs - **Video**
Mountain Climbers - **Video**
Hip Bridges - **Video**
Jumping Jacks- **Video**

Week 2 Exercises

Planks (any variation) - **Video**
Ab Roll-outs - **Video**
Flat Foot Sit-ups - **Video**
Heel Touches - **Video**
Pall-off Press - **Video**
Back Ext. w/ Medicine Ball- **Video**
Lying Superman's - **Video**
V Sit Ups - **Video**
Med Ball Side Throw - **Video**
Flutter Kicks - **Video**

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Exercise Videos

Week 3 Exercises

Side Plank Rotations - **Video**

Cable Crunches - **Video**

Hanging Knee Raises - **Video**

Crunch w/ Med Ball - **Video**

PUPP - **Video**

Crunches - **Video**

Plank (Any)- **Video**

PUPP Knee to Chest - **Video**

Bicycles - **Video**

Lying Straight Leg Holds - **Video**

Lying Opposite Hand to Foot - **Video**

Week 4 Exercises

Bosu Ball Toe Touches - **Video**

Stir the Pot Plank- **Video**

Renegade Dumbbell Rows - **Video**

Side Plank Rotational Twists - **Video**

Reverse Crunches - **Video**

Bent Arm Plank w/ Hip Ext. - **Video**

Weighted V Up - **Video**

Lying Leg Raise - **Video**

Bicycles - **Video**

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Exercise Videos

Week 5 Exercises

Alternating Superman - **Video**
Lying Oblique Crunches - **Video**
Flutterers - **Video**
Ab Roll Outs - **Video**
Hollow Body Holds - **Video**
Russian Twists - **Video**
Weighted Dead-bugs - **Video**
Cable Ab Crunches - **Video**

Week 6 Exercises

Bent Arm Side Plank Hip Dips - **Video**
One Arm DB Overhead Side Bends - **Video**
Mountain Climbers - **Video**
Weighted Decline Crunch - **Video**
Decline Russian Twists - **Video**
Sit Up Hold - **Video**
Bird Dog - **Video**
Flutterers - **Video**
PUPP Knee to Chest - **Video**

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Exercise Videos

Week 7 Exercises

PUPP Knee to Chest- **Video**

Lying Oblique Crunch - **Video**

Side Plank Rotational Twists - **Video**

Hanging Leg Raises - **Video**

Banded Ab Crunch - Video

Exercise Ball Plank Rotations - **Video**

Single Arm Farm Carries - Video

Cable Wood Choppers - Video

Side Plank - **Video**

Week 8 Exercises

Hanging Toes to Bar - **Video**

Flat Foot Sit Ups - **Video**

Bicycle Crunches - **Video**

Diagonal Ab Roll-outs- Video

Renegade Dumbbell Rows - **Video**

Weighted Knee Crunch - **Video**

Weighted Russian Twist - **Video**

Flutter - **Video**

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Exercise Videos

Week 9 Exercises

Flat Foot Sit Ups - **Video**

Hollow Rocks - **Video**

Tuck Ins- **Video**

Side Plank Rotational Twists - **Video**

Weighted Sit Ups - Video

Weighted Russian Twist - **Video**

Week 10 Exercises

Mountain Climbers - **Video**

Weighted Dead-bugs - **Video**

Side Plank Rotational Twists - **Video**

Shoulder Taps- **Video**

V Sit Ups - **Video**

Weighted Russian Twist - **Video**

Hollow Rocks - **Video**

Flutter - **Video**

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Exercise Videos

Week 11 Exercises

Suitcase Carry - Video

Double Overhead Carry - Video

Single Arm Overhead Carry - Video

Kettle-bell Windshield Wipers- Video

Hanging Toes to Bar - Video

Hanging Knee Raises - Video

Hollow Rocks - Video

Flutterers - Video

Week 12 Exercises

Mountain Climbers - Video

V Sit Ups - Video

Hollow Rocks - Video

Weighted Russian Twist - Video

Quadrupled Crawl - Video

Turkish Get Ups - Video

PUPP - Video

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Supplements



Pre-Workout: Blue Raspberry & Natural Passion Fruit

BCAA's: Natural Fruit Punch

Protein: Natural Whey Blend (chocolate)

Muscle Builder: Creatine Monohydrate (flavorless)

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Contributors

Jack Lucas

Intern for Never Been Stronger



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Summer Shred – Ab Series

Contributors



Shelby LeBoeuf

Anytime Fitness Peoria Coach

Certified Personal Trainer through the American Council on Exercise

3 years of 1 on 1 Training with his large clientele at Anytime Fitness Peoria,

Success Story of losing over 120 Lbs

2x Peoria Journal Star Best of the Best Personal Trainer

Runs 5k's Obstacle Courses, Warrior Dashes

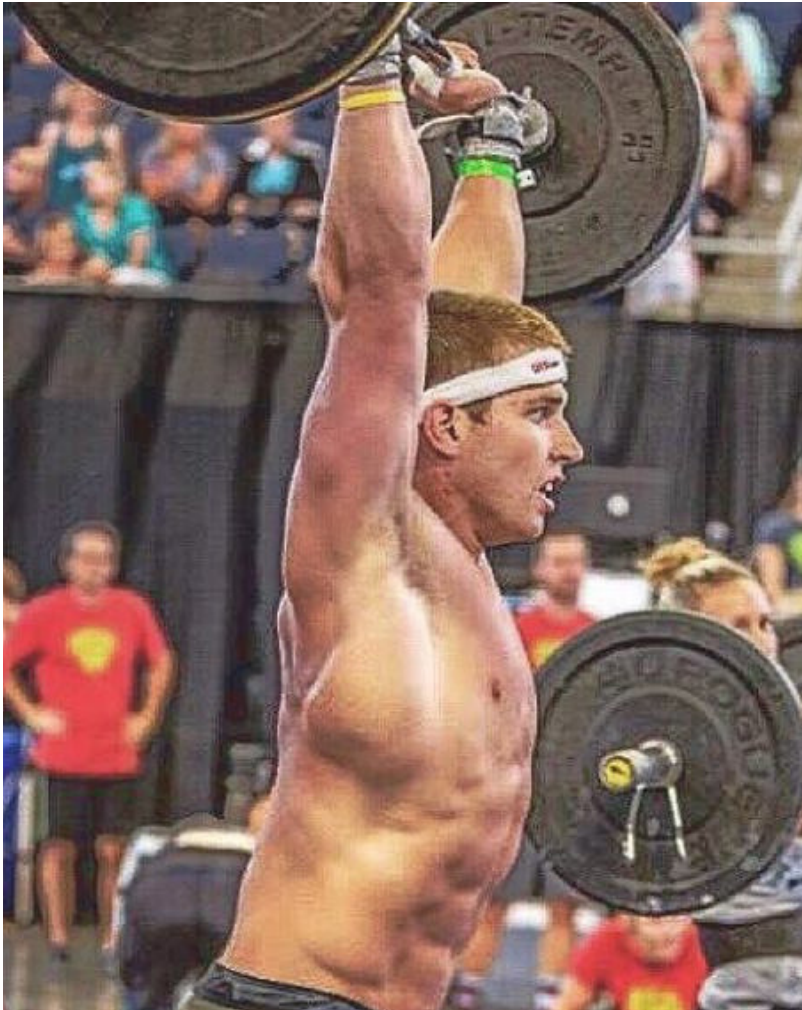
Loves to train at the Gorilla Pit w/ Patrick and Matt

Lifestyle enthusiast of of Never Been Stronger

Loves to play Migos everyday

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Contributors



Joey O'Brien

Lead NBS Strengthee

2014 University of Illinois Graduate

Majoring in Molecular & Cellular Biology and Psychology

Minor in Chemistry

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2014 2nd place Illinois State Champion in 94kg Olympic Weightlifting

-

2014 Collegiate National Olympic weightlifting qualifier

-

2013 National Intercollegiate Running Club Association Track & Field All-American

-

6th place @ Nationals in shot put - 10th place in discus

-

Neurocognitive Kinesiology Laboratory Assistant 2011-2014

-

Favorite Cheat Meal: 3 Qudoba Burritos

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Contributors

Patrick Thompson

Founder of Never Been Stronger

2014 Monmouth College Graduate

Majoring in Exercise Science with a Minor in Business Administration

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Founder of Never Been Stronger

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Anytime Fitness Peoria Head Coach

-

Team Franklin Coach

-

NSCA CPT and CSPS

-

Previously National Powerlifting Record holder at Junior Men's 165 Lb Wt. Class

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3x Peoria Journal Star Best of the Best Personal Trainer

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Favorite Cheat Meal: Pizza and Beer



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Closing Thoughts

As we close out this Summer Shred Ab Series, we want to give a special thank you for taking part in the Never Been Stronger brand and **lifestyle**. As we progress through this thing we call life, it can get tremendously tougher to keep the body and mind moving in a positive direction. This is why Never Been Stronger has been created. Even when things get tough physically or mentally, just know that you have always **Never Been Stronger** in at least one way of life.