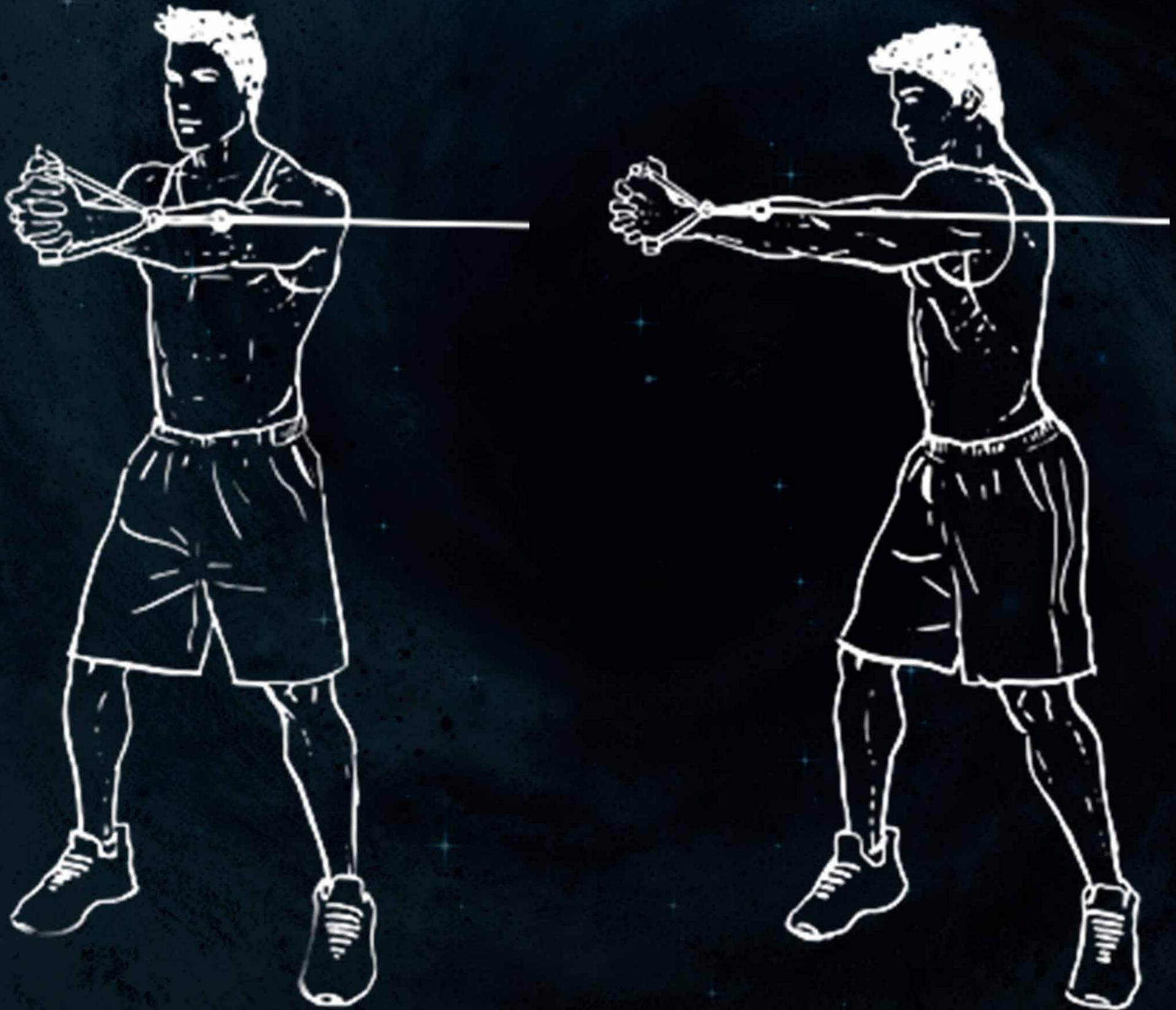


ENTER THE  
**ABYSS**  
KAI GREENE AB WORKOUT

# DEPTHS OF THE ABYSS

## ▾ CABLE ROTATION ▽



# DEPTHS OF THE ABYSS

## THE ABYSS IS NARROW

The delve into the abyss gets more difficult as you travel deeper. It is why few see the truth buried in its siren like depths. You will need to strip away everything you can to uncover the treasures of the abyss.

All too often, people believe that the secret to obtaining abs is the proper number of crunches, sit ups, and oblique side bends. This myth has propagated throughout fitness lore for decades. Despite immense effort, a six pack still sits beyond their reach.



Proper exercises can build up your core muscles, but they cannot overcome a poor diet. You will need to shed significant body fat to reveal your abdominal muscles. Men will need a body fat of 12% or less and women will need a body fat of around 15-17% to have visible abs. The only way to lose body fat is to consistently burn more calories than you consume, so be sure to accurately track your food.

# YOUR VEHICLES

The abyss is an ancient menace that seeks to destroy the unworthy. No man alone can survive the dive. To prevent the abyss from permeating into your very soul, you will need to use specific vehicles. In this section you will find the vehicles that will carry you through the various depths of your otherworldly destination. Master their controls, and you may just find the treasure beneath.

## BIRD DOG

1. Go on your hands and knees. Your knees should be under your hips and your arms should be under your shoulder. Keep your arms shoulder width apart. This will be your starting point.
2. Brace your core as you raise your left arm and right leg.
3. Extend your right leg and left arm completely without rounding your back, moving your hips, or moving your head. Pause for 1-2 seconds.
4. Return to the starting position and repeat for the desired amount of reps.

## COMMON MISTAKES

1. Moving your hips or rounding your back. It is difficult to switch legs and arms without twisting. The benefit of this movement is the stress it places upon your abdominal wall. Keep your hips, back, and head neutral to protect your back. Stay focused and you will survive the dive into the abyss.
2. Not bracing your core. There are many people who believe they have strong abs because they regularly perform abdominal movements. It is natural to prefer the path of least resistance and in the journey into the abyss, it is tempting to cut corners. Bracing your core protects your spine during movements, but also forces the muscles to work maximally. Focus on bracing your core and see the abyss finally start to open unto you.

# YOUR VEHICLES

▾ FLEX YOUR ABS ▸



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# YOUR VEHICLES

## HANGING KNEE RAISE

1. Grip a pull up bar in either a shoulder or wide grip. If you have trouble holding onto the bar, you may use ab straps.
2. Allow your legs to hang directly downwards and roll your pelvis back. This will be your starting position.
3. Exhale as you contract your abs and lift your legs. Bring your thighs up until they are perpendicular to your torso.
4. Inhale and return to the starting position.
5. Repeat for the desired amount of sets and reps.

## COMMON MISTAKES

1. Using weights too soon. By now you have dedicated yourself to the journey through the unknown. As you move forward, the call grows louder, and we look to increase from a walk to a sprint. Often, this means introducing weights to exercises like the hanging leg lift. Adding weight before you are ready can lead to poor form and put you at risk of a hernia. Master yourself and you will see your journey to completion.
2. Swinging. You have a goal in your sights and will do anything to achieve it. You feel a deep burning in your abdomen, but still have 12 more reps to go. In response you begin to drop your legs quickly and kick them back up. Not only does this power most of the movement through momentum, it can force your pelvis to shift. The ab muscles attach to the pelvis and thus your pelvic position is important. Keep your pelvis rolled backwards and your feet slightly in front of you during the movement. Avoid dropping your legs so you may reap the maximal benefit of this powerful exercise.

# YOUR VEHICLES

## ▾ HANGING KNEE RAISE ▸



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# YOUR VEHICLES

## CABLE ROPE CRUNCH

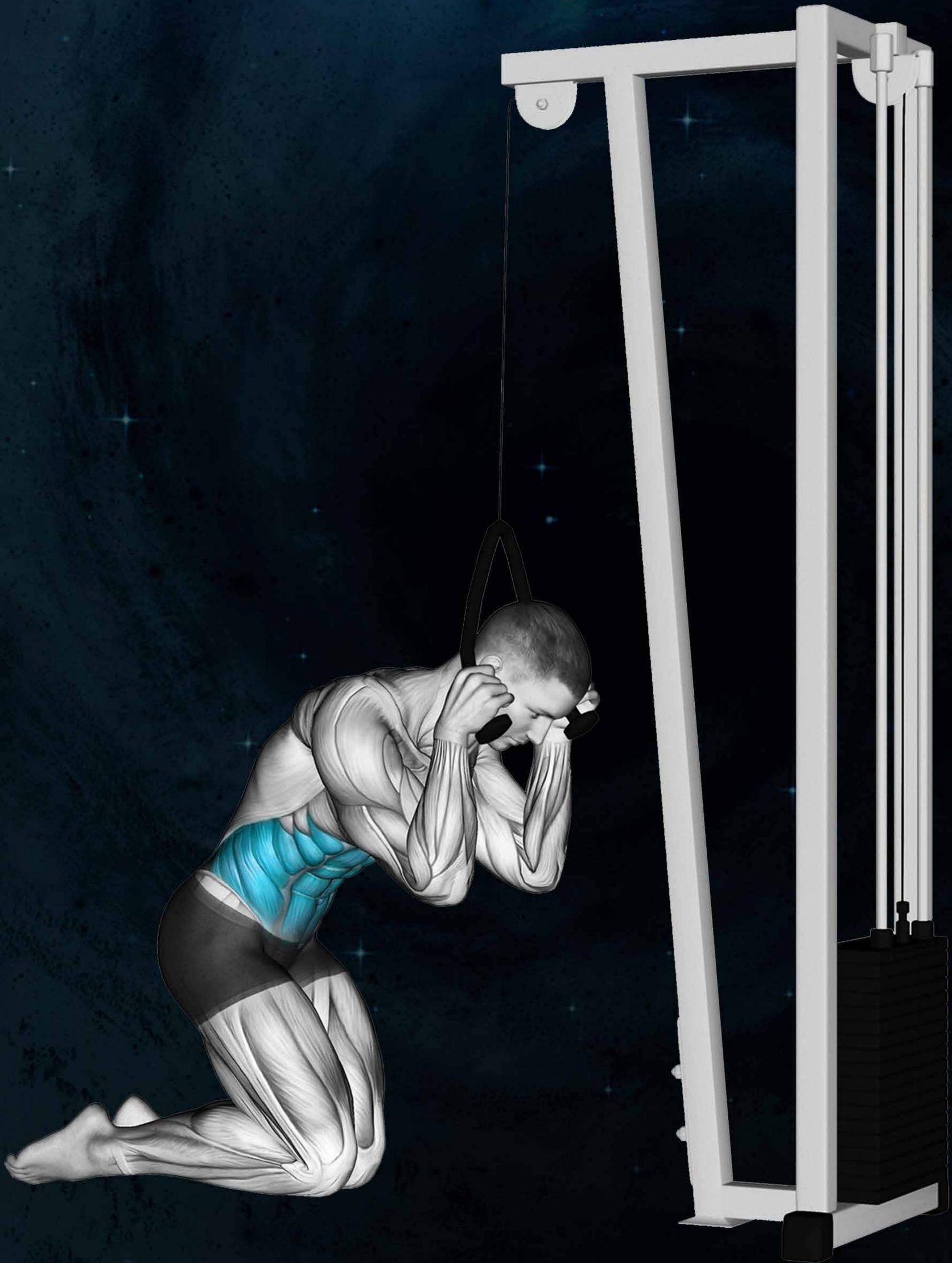
1. Attach a rope pulley attachment to a cable machine. Adjust the pulley to a moderate height.
2. Place a mat in front of the pulley machine and kneel on it.
3. Grip the handles with both hands and hold the rope on each side of your head. Your spine should be fully extended. This will be your starting position.
4. Contract your abs while keeping the handles held close to your head.
5. Lower the rope attachment as you crunch downward. Bring your elbows to your knees.
6. At the bottom of the movement contract for 1 to 2 seconds.
7. Keeping your hips stationary, allow the weight to pull your upper body back to the starting position.
8. Repeat for the desired amount of reps.

## COMMON MISTAKES

1. Not flexing your spine. There are a few dogmas that are etched into the heart of a bodybuilder. You often repeat these words of wisdom during your big lifts, particularly as the deafening drum of the abyss grows louder. One such rule is “keep your back straight”. Unfortunately, if you keep your back straight during this exercise, you will end up working your hip flexors more than your abs. Allow the cable to fully extend your back and then flex your back to maximally contract your abs.

# YOUR VEHICLES

## ▾ CABLE ROPE CRUNCH ▸



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# YOUR VEHICLES

## STANDING DUMBBELL SIDE BEND

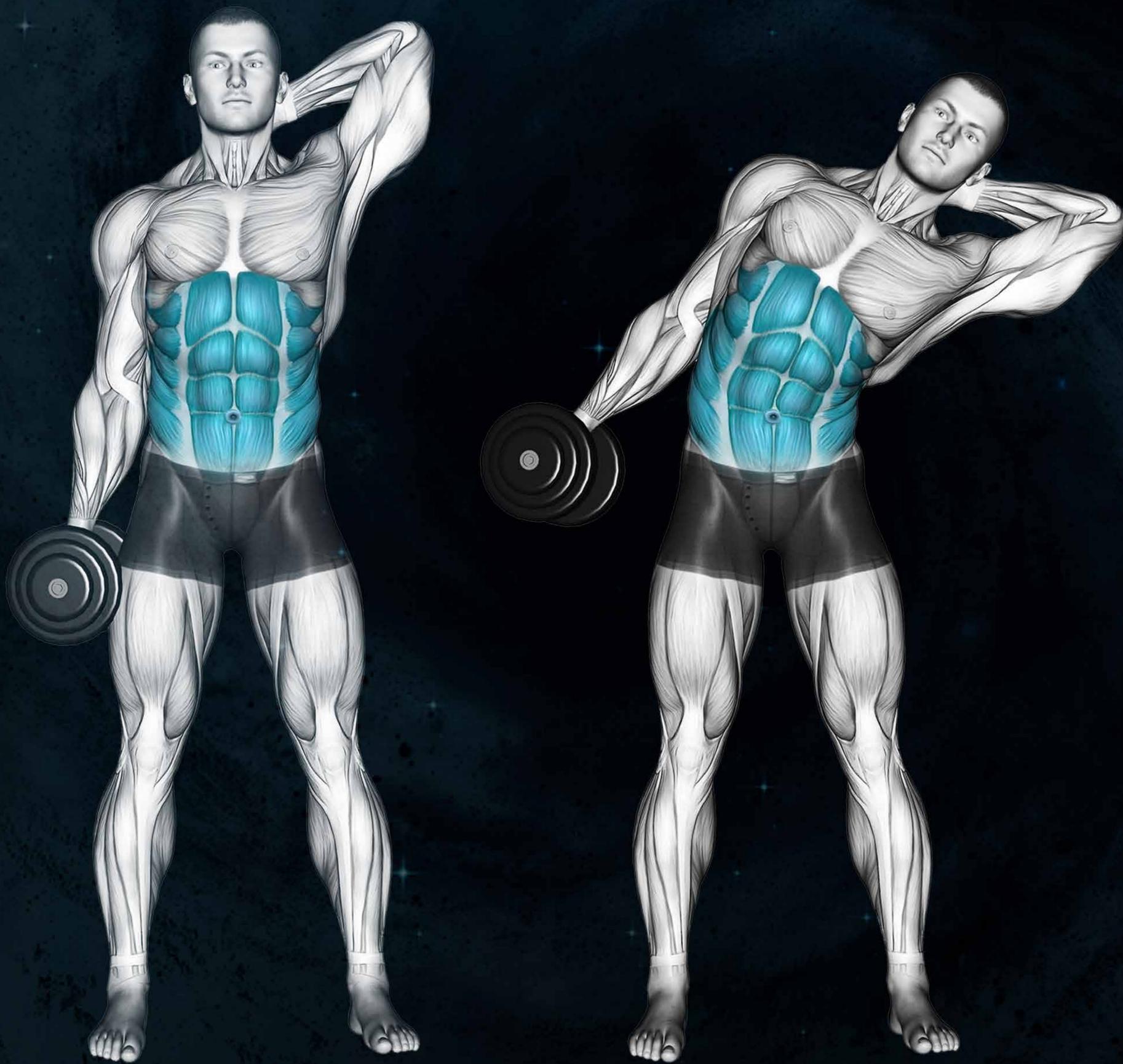
1. Grab a dumbbell with one arm and stand up straight. This will be your starting position.
2. Slowly tilt your trunk laterally to the side holding the dumbbell as you contract the same side's oblique.
3. Lower the arm holding the dumbbell as you bend your waist to the side. Bend as far as possible. Pause for 1-2 seconds.
4. Return to the starting position and repeat for the desired amount of reps.
5. Switch hands and repeat for the same amount of reps on the opposite side.

## COMMON MISTAKES

1. Choosing a weight that is too heavy. A heavy weight usually translates to exceptional growth. When it comes to side bends, you need to choose control. Focus on stretching and contracting the oblique instead of swinging back and forth. Moving too quickly back and forth will impede your descent down the narrow corridors of the abyss.
2. Bending at the knees. It is easy to mistake your ability to move forward with progress. You can trick yourself into thinking you've advanced, but the abyss will not lie. When attempting to increase the weight and bend, you may bend your knees. This will reduce the stress on your oblique, despite the superficial appearance of a side bend.

# YOUR VEHICLES

## ▾ DUMBBELL SIDE BEND ▾



# YOUR VEHICLES

## OBLIQUE CRUNCHES

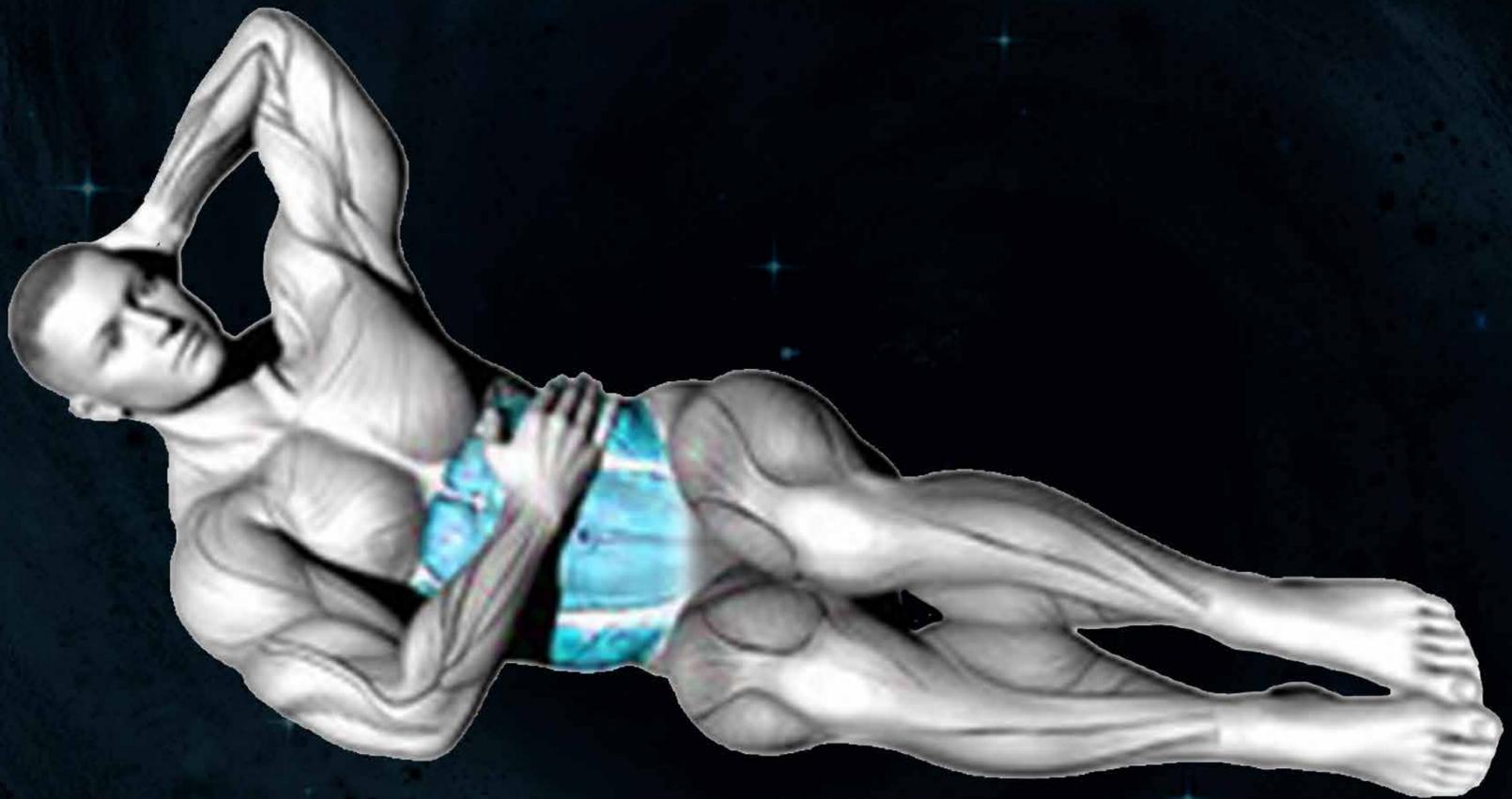
1. Lay flat on the floor.
2. Roll over to your left side and place your legs on top of each other. Slightly bend your knees. Your entire left side should be in contact with the ground.
3. Bend your right arm and place it behind your head. This will be your starting position.
4. Slowly crunch upwards and towards your legs while contracting your obliques.
5. Hold for 1-2 seconds at the top of the contraction.
6. Slowly return your upper body to the starting position and repeat for the desired amount of reps.
7. Switch sides and repeat for the same amount of reps.

## COMMON MISTAKES

1. Rocking back and forth. By this point you should understand the delve into the abyss requires absolute precision. You must perform each move with purpose to progressively descend. This is most prevalent in the oblique crunch. Crunch maneuvers are amongst the first we learned, but some of the most difficult to master. It is easy to abruptly move our heads towards our legs for a quick set of 30, but this will not aid you. For optimal results, focus on maximal contraction with each move, lest you end up like a flopping seal on the outskirts of the abyss.

# YOUR VEHICLES

## ▾ OBLIQUE CRUNCHES ▸



# YOUR DIVE

You've come to the edge of the abyss. You have translated the fearful unknown into a journey of ultimate discovery. At the end of this long tunnel lies your true reflection. Remember what you have learned, and you will merge reality with whom you see in your mind's eye.

Perform these movements before your workout. They will help activate your core, preparing you for big lifts and allowing you to hone your midsection with purpose.

## WORKOUT 1

Exercise	Sets	Reps	Rest
Bird Dog	3	30 reps	45 seconds
Plate Twist	3	20 reps	45 seconds
Hanging Knee Raise	3	20 reps	45 seconds

## WORKOUT 2

Exercise	Sets	Reps	Rest
Cable Rope Crunch	3	12 reps	45 seconds
Dumbbell Side Bend	3	12 reps	45 seconds
Hanging Knee Raise	3	20 reps	45 seconds

# YOUR DIVE

## WORKOUT 3

Exercise	Sets	Reps	Rest
Bird Dog	3	30 reps	45 seconds
Plate Twist	3	20 reps	45 seconds
Cable Rope Crunch	3	20 reps	45 seconds



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