



THIBARMY

Powered by

BALLISTIC MANAGEMENT

ABS ADD-ON

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

"Thibarmy" and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

PHASE 1 – NEURAL PROGRAMING

In this first phase, the goal is to improve your capacity to recruit your abdominal muscles. To be able to stimulate them you need to be good at contracting them voluntarily. As such, we will use the lowest skill and less demanding exercises in the program. **But it is very important that you try to make these exercises hard.** You do this by trying to flex your abs as hard as humanly possible for every inch of every rep. Imagine that you are about to get punched in the stomach. When you have a dynamic exercise initiate every rep by tensing your abs (punch in the stomach). For the isometric/static exercises, focus on never releasing the tension in your abs.

In this phase, we will use the same exercises at every session. This is simply to better improve your capacity to recruit your abdominals. You will do this workout at the end of every single training day. If you train 4 days a week, you do it 4 times. If you train 6 days a week, do it 6 times.

There will be a weekly progression, but it is not as significant as with the other phases, since this is low demand work. Rather, you should try to progress by improving your mind-muscle connection, how hard you can flex your abs, from week to week.

There are no intensification methods like supersets or rest/pause in this phase: we want to focus on practicing contracting the abdominals, not on destroying them.

Since most of these movements are unweighted, how difficult they will feel will depend on how good you are at tensing your abdominals. When someone can do 20+ reps of an unweighted abs exercise it tells me that they are not contracting them hard enough. **I do not want you to focus on reps but on tension. For that reason, I will give you a set duration, as opposed to a number of reps to reach.**

Since it is low intensity work and because the goal is to improve the motor skill of recruiting your abs, you will not have a deload at the end of this phase.

EXERCISE	METHOD	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST		
		SETS	REPS/ DURATION	SETS	REPS/ DURATION	SETS	REPS/ DURATION	SETS	REPS/ DURATION			
A	SWISS BALL CRUNCH		Squeeze and slow ¹	3	20-30 sec	4	30-40 sec	4	40-50 sec	4	50-60 sec	60-75 sec
B	SEATED KNEE TUCK		Squeeze and slow	3	20-30 sec	3	30-40 sec	4	40-50 sec	4	50-60 sec	60-75 sec
C	1-ARM SERRATUS CRUNCH		Squeeze and slow	3	20-30 sec	3	30-40 sec	3	40-50 sec	4	50-60 sec	60-75 sec
D	HOLLOW BODY HOLD		Static	3	20-30 sec	3	30-40 sec	3	40-50 sec	4	50-60 sec	60-75 sec

¹ **Squeeze and slow** = Contract abs as hard as you can before each rep, go up slowly while maintaining tension, squeeze as hard as you can at the top, go down slowly while maintaining tension.

Note on duration: The goal is to keep your abs maximally tensed and do reps for the prescribed duration. Aim to make the sets harder; meaning that if the duration is 20-30 seconds and you can easily do reps for 30 seconds, squeeze your abs harder and go slower on the next set. Do what it takes to fail in the prescribed time zone.

PHASE 2 - ACCUMULATION

This second phase could be seen as a "bodybuilding/hypertrophy" one. In phase 1, you improved your capacity to recruit your abs and flex them, which is a pre-requisite to developing them. In this second phase, we will work on hypertrophy of the "6-pack" as much as possible. Having thicker abdominal bellies is what gives the "pack" look: it differentiates the muscle bellies from the tendinous attachments that create the separation to have the multiple "packs" on your abdomen instead of just one flat surface. Plus, the thicker your abs are, the easier it will be to see them even when you are not ripped. Thin abs require you to drop to a super low level of body fat to be seen. I have thick abs and even at 14% body fat I have a well-defined abdomen.

We will use two different workouts (A & B) and they are alternated during the week. I recommend hitting abs three or four times per week during this phase. Since I believe in abs blitzes, you will not do any direct abs work during Week 4 (yes, it is important to respect that guideline).

In this phase, I will give you a rep number prescription, but do all the reps with maximum tension as we practiced during phase 1. If the abs are not burning, it's not working.

WORKOUT A

EXERCISE	METHOD	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
		SETS	REPS/ DURATION	SETS	REPS/ DURATION	SETS	REPS/ DURATION	SETS	REPS/ DURATION	
A1	SEATED CABLE CRUNCH FACING	Mechanical drop set ¹ A1 & A2	3	8-12	4	8-12	4	8-12	NO DIRECT ABS WORK	None
A2	STANDING CABLE CRUNCH	Mechanical drop set A1 & A2	3	To failure	4	To failure	4	To failure		75-90 sec
B1	GHD CRUNCH	Superset ² B1 & B2	3	8-12	3	8-12	4	8-12		None
B2	SWISS BALL CRUNCH	Superset B1 & B2	3	To failure	3	To failure	4	To failure		75-90 sec

WORKOUT B

A1	SEATED CABLE CRUNCH AWAY	Mechanical drop set ¹ A1 & A2	3	8-12	4	8-12	4	8-12	NO DIRECT ABS WORK	None
A2	STANDING SERRATUS CRUNCH	Mechanical drop set A1 & A2	3	To failure	4	To failure	4	To failure		75-90 sec
B1	V-UP	Superset ² B1 & B2	3	8-12	3	8-12	4	8-12		None
B2	SEATED KNEE TUCK	Superset B1 & B2	3	To failure	3	To failure	4	To failure		75-90 sec

¹ **Mechanical drop set:** Use the same weight for both exercises. Try to hit failure in the prescribed rep range for A1 and then hit failure in the second exercise (the number of reps don't matter on that second movement).

² **Superset:** Don't rest after B1, go straight to B2. On B1 you can hold a dumbbell on your chest if even with a max tension technique doing 12 reps is too easy.

PHASE 3 - INTENSIFICATION

In this third phase, we will combine hypertrophy and performance work for your core. Basically, in phase 1 you learn to contract your abs, in phase 2 you build them up, and in phase 3 you learn to use them in functional tasks while continuing to develop them.

Once again, we will use two different workouts (A & B) and you train your abs 3-4 day a week, alternating the workouts.

We will also respect the abs blitz approach, so you won't do any direct abdominal work on week 4.

Note that we will use carries during this phase. For carries, I will give you a duration to shoot for, not reps or distance. The reason is that I want you to focus on tensing those abs hard during the whole carry. Do not walk fast, rather, walk fairly slowly focusing on keeping that abdomen rock hard (imagine either walking on the beach or getting punched in the stomach). You can go heavy, but only as heavy as you can while maintaining perfect form and abdominal tension for the whole set.

WORKOUT A										
EXERCISE	METHOD	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
		SETS	REPS/ DURATION	SETS	REPS/ DURATION	SETS	REPS/ DURATION	SETS	REPS/ DURATION	
A1	SWISS BALL CRUNCH	Superset A1 & A2	3	8-12	4	8-12	4	8-12	NO DIRECT ABS WORK	None
A2	FARMER'S WALK	Superset A1 & A2	3	30 seconds	4	30 seconds	4	30 seconds		75-90 sec
B1	STANDING CABLE CRUNCH	Superset B1 & B2	3	8-12	3	8-12	4	8-12		None
B2	V-UP	Superset B1 & B2	3	8-12	3	8-12	4	8-12		75-90 sec

WORKOUT B										
A1	HOLLOW BODY HOLD	Mechanical drop set ¹ A1 & A2	3	30-45 sec	4	30-45 sec	4	30-45 sec	NO DIRECT ABS WORK	None
A2	ZERCHER CARRY	Mechanical drop set A1 & A2	3	30 seconds	4	30 seconds	4	30 seconds		75-90 sec
B1	GHD CRUNCH AND RAISE	Superset ² B1 & B2	3	8-12	3	8-12	4	8-12		None
B2	SWISS BALL CRUNCH	Superset B1 & B2	3	8-12	3	8-12	4	8-12		75-90 sec