

ABUP!
ABDOMINAL PROGRAM

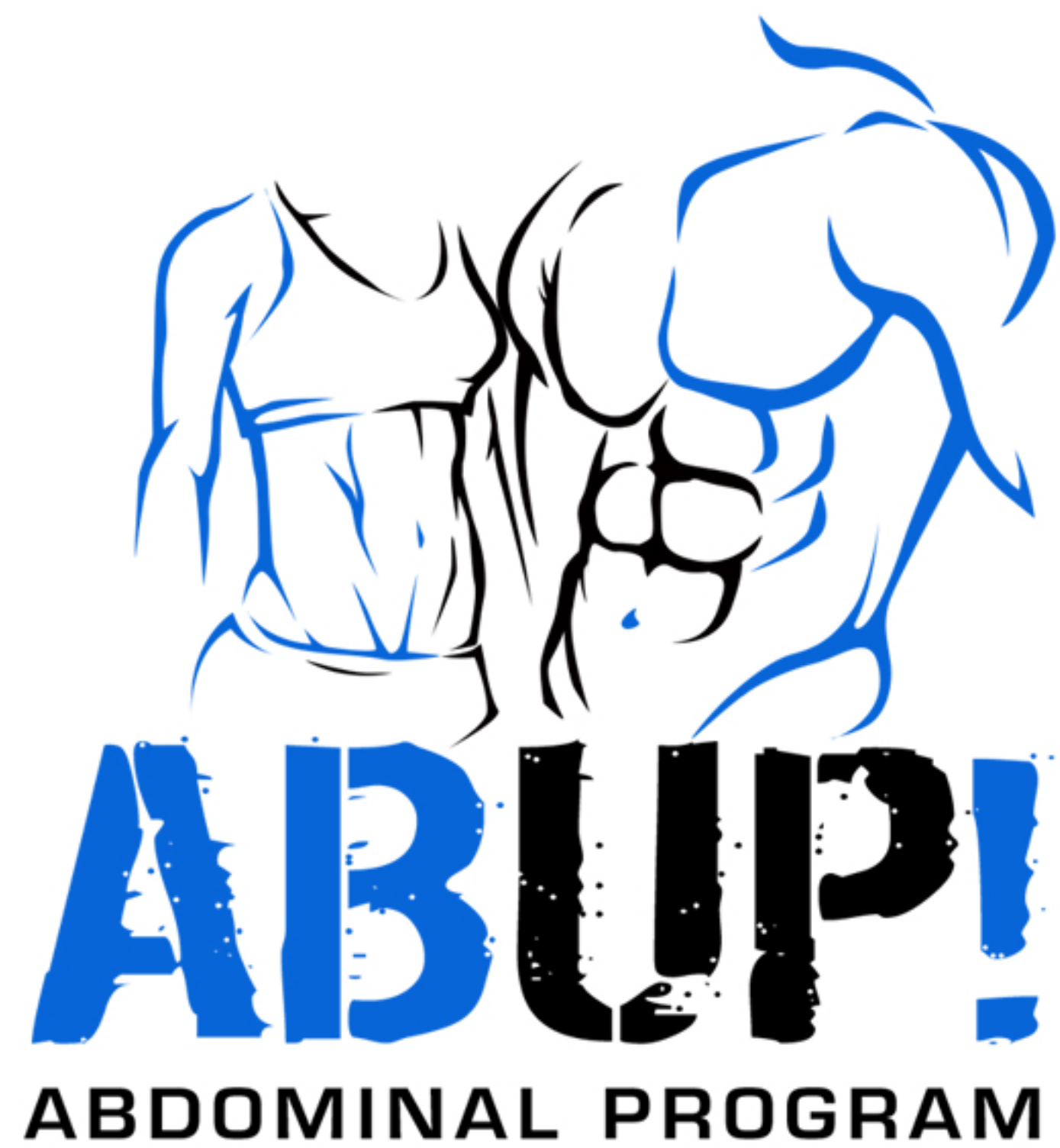
POWERED BY CALAESTHETICS LLC

SHREDDING

ABS PROGRAM

•• *If and when you begin this program, you solemnly accept all responsibility and liability*

BRENDAN MEYERS, EX. PHYS. FAU
POWERED BY CALAESTHETICS LLC



SHREDDING

ABS PROGRAM

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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

I HOPE YOU ENJOY THIS EFFICIENT **AB UP!**
PROGRAM. I HAVE NO DOUBT IT WILL HELP YOU
ACHIEVE YOUR PERSONAL FITNESS GOALS. YOU
DESERVE A LEAN, STRONG, AND FIT BODY, MY
REASONING BEHIND DEVELOPING SUCH A PROGRAM.

BEST,
BRENDAN

A handwritten signature in black ink, appearing to read 'Brendan Meyers'.

Brendan Meyers, Exercise Physiology FAU
Creator

STOP: if you have not watched the introduction video, go NOW!

- ▶ No rest between exercises
- ▶ Do NOT skip a day if you are looking for results
- ▶ If you want to see your abs, you need to diet
- ▶ This program is NOT going to have your abs magically appear, again, you need to diet in order to see your abs
- ▶ ALL exercises are demonstrated within the video provided
- ▶ If you have any questions about the exercises/program or would like to purchase a diet program ONLY email me here:
TheBMeyers@yahoo.com

DO NOT EAT/DRINK

- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "natural" flavors, and many unhealthy ingredients)
- **Don't cook with olive oil, use Alvocado Oil**
- **Pastas** (You can eat some, just don't eat too much)
- **Dairy** (Has a negative effect on your digestive system – some diet programs are okay to have milk, cheese, etc.)
- **High Fructose Corn Syrup** (Watch out for this ingredient!)
- **Monosodium Glutamate** (Damages hypothalamus)
- **Dressings** (Try to use olive oil, salt, and pepper for salads)
- **Cereal** (So many bad ingredients)
- **Pasta Sauce**

FOODS YOU SHOULD CONSUME

- **Grilled Chicken**
- **Potatoes** (Sweet potatoes if you can)
- **Almond Milk** (Great substitution for milk)
- **Vegetables** (The darker the green, the better for the machine... try to eat a variety of veggies throughout the day... I like spinach, kale, carrots, tomatoes, celery, broccoli, cauliflower, string beans, peppers, onions, etc.)
- **Fruits** (Eat an apple a day, you keep the doctor away... variety is key with fruits as well... I like apples, pineapple, mango, pears, blueberries, strawberries, etc.)
- **Lean Ground Turkey**
- **ORGANIC FOODS** (This is the most important recommendation... be sure you are always eating organic foods)
- **Eggs!!!**
- **Almond Butter**
- **Oatmeal**
- **Hemp Seeds**
- **Almonds**
- **Grains** (You can consume grains, just be sure it is organic and you aren't eating too much)

BEFORE YOU START USING THIS PROGRAM, I ENCOURAGE YOU TO TAKE A PHOTO OF YOUR PRESENT BODY AND WHEN YOU FINISH THE PROGRAM, TAKE A ANOTHER PHOTO OF YOUR TRANSFORMATION AND SEND IT TO Brendan@CalAesthetics.co



MONDAY

8 Roll Ups

6 Second 6-inch Hold

8 Heel Touches
(Each Side)

15 Second Plank Hold

4 6-inch Crunch

10 Second 6-inch Hold

20 Second Plank Hold

15 Roll Ups

20 Second V-Hold

Did you complete the sets?

YES

NO

THURSDAY

15 Second 6-inch Hold

20 Second Plank Hold

6 Slow Leg Lowers

15 Second Side Plank
(Each Side)

10 Mountain Climbers
(Each Side)

12 Toe Touches

25 6-inch Pulsators

30 Second Plank Hold

Did you complete the sets?

YES

NO

MONDAY

12 Roll Ups

10 6-inch Pulsators

8 6-inch Leg Raises

15 Second 6-inch Hold

12 Bicycles
(Each Side)

7 Left, Middle, Right Toe Touches
(Each Side)

12 Plank Crunches

12 Rotations (Each Side)

6 6-inch Circles
(Each Side)

20 Second Plank Hold

Did you complete the sets?

YES

NO

WEDNESDAY

10 Stiff Leg Sit Ups

12 Rotations
(Each Side)

4 6-inch Flutter Raises

12 6-inch Scissors

15 Second V-Hold

15 Second 6-inch Hold

12 Plank Crunches

6 6-inch Oblique Crunches

10 6-inch Leg Raises

45 Second Plank Hold

Did you complete the sets?

YES

NO

FRIDAY

10 Second Plank Hold

10 Plank Crunches

15 Second Plank Hold

12 Plank Crunches

10 Side Plank Crunches (Each Side)

6 6-inch Leg Raises

12 6-inch Siders (Each Side)

6 6-inch Single-Leg Crunches (Each Side)

15 Bicycles (Each Side)

20 Pulsators

10 Second 6-inch Flutter Kicks

Did you complete the sets?

YES

NO

MONDAY

20 Mountain Climbers
(Each Side)

12 Single-Leg 6-inch Crunches
(Each Side)

15 Rotations
(Each Side)

12 6-inch Leg Raises

10 6-inch Pop Overs
(Each Side)

20 Toe Touches

15 Plank Crunches

45 Second Plank Hold

Did you complete the sets?

YES

NO

TUESDAY

15 Pulsators

20 Roll Ups

12 6-inch Leg Raises

6 6-inch Single Leg Raises

5 6-inch Flutter Leg Raises

20 Second Plank Hold

12 Side Plank Crunches

6 6-inch Large Squares

Did you complete the sets?

YES

NO

THURSDAY

12 Plank Crunches

8 Single-Leg Plank Crunch and Twist

20 Roll Ups

8 Scissor Leg Raises

**20 Rotations
(Each Side)**

**10 Bicycles
(Each Side)**

**12 6-inch Single-Leg Crunch
(Each Side)**

**15 Mountain Climbers
(Each Side)**

Did you complete the sets?

YES

NO

FRIDAY

20 Roll Ups

20 Heel Touches

6 6-inch Flutter Leg Raises

**8 Single Leg Plank Crunch
(Each Side)**

**10 6-inch Folded Single-Leg Raise
(Each Side)**

20 Second 6-inch Hold

40 Pulsators

10 Second 6-inch Hold

Did you complete the sets?

YES

NO

MONDAY

12 6-inch Single Leg Crunch
(Each Side)

12 6-inch Single Leg Raises
(Each Side)

12 6-inch Crunches

12 6-inch Leg Raises

20 Bicycles
(Each Side)

30 Pulsators

1-Minute Plank Hold

Did you complete the sets?

YES

NO

TUESDAY

15 6-inch Siders
(Each Side)

15 Rotations
(Each Side)

20 Second V-Hold

15 Roll Ups

10 Left, Middle, Right Toe Touches
(Each Side)

12 Stiff Leg Sit Ups

10 Single-Leg Plank Crunch & Twist
(Each Side)

20 Second Bicycles

10 Circles
(Each Side)

Did you complete the sets?

YES

NO

THURSDAY

12 Side Plank Crunches
(Each Side)

15 Plank Crunches

10 6-inch Flutter Leg Raises

8 6-inch Leg Raises

12 Siders (Each Side)

6 Up & Ups

20 Bicycles (Each Side)

20 Pulsators

12 Single-Leg Folded 6-inch Leg Raises
(Each Side)

25 Mountain Climbers (Each Side)

Did you complete the sets?

YES

NO

SATURDAY

8 6-inch Leg Lifts

2 Circle Rockers (Each Way)

15 3-way Toe Touches
(Each Side)

10 Plank Twisters (Each Side)

15 Roll Ups

1 Minute Plank Hold

15 Roll Ups

10 Plank Crunches

30 Pulsators

Did you complete the sets?

YES

NO