

ULTIMATE 6 PACK ABS BURN OUT

7 Ab Sculpting & Core Strengthening Exercises

Perform this ab burn out after your workouts or when you have 10 minutes free.

The Ultimate Ab Burn Out: [\[FOLLOW ALONG VIDEO\]](#)

Perform each exercise for 30 seconds and repeat for 3 rounds.

1.Punches

2nd Round Right Punch

3rd Round Left Punch

2.Plank

3.Reverse Crunch

4.Left Plank

5.Shoulder Raise

6.Right Plank

7.Bird Dog

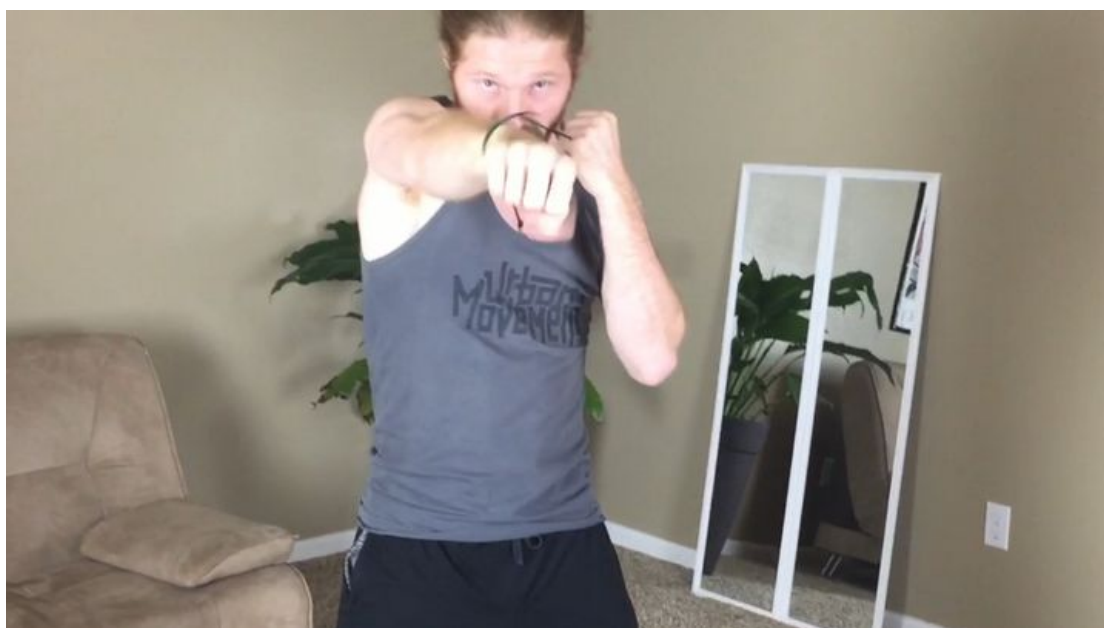
Total workout time: 10:30.

Take breaks when fatigued or when you can not maintain proper form.

Image demonstrations and brief technique break down below.

1. Punches – Alternating Left & Right (30 Seconds)

Goal – Keep spine & core intact, avoid twisting out of alignment, punch with fist or open hand.



Second Round – Right Punch (30 seconds)

Goal – Twist from the hips, pivot with right leg & toe, avoid twisting with the spine.



Third Round – Left Punch (30 seconds)

Goal - Twist from the hips, pivot with left leg & toe, avoid twisting with the spine.



2. Plank (30 Seconds)

Goal – Keep back straight, avoid dropping the hips, have elbows stacked below shoulder.



Note: You can elevate arms onto a couch or ledge and bend your knees to make this plank easier.

You can contract your Abs, squeeze your elbows and toes towards each other to make the this plank more advanced.

3. Reverse Crunch (30 Seconds)

Goal – Keep back flat on ground, knees bent, contract with abs, lift hips slightly off the ground.



4. Left Plank (30 Seconds)

Goal – Keep back straight, avoid dropping the hips, have elbow stacked below shoulder.



Note: You can elevate arms onto a couch or ledge and bend your knees to make this plank easier.

You can contract your Abs, squeeze your elbows and toes towards each other to make the this plank more advanced.

5. Shoulder Raise (30 Seconds)

Goal – Keep back and neck straight, back flat on the ground, contract abs, lift shoulders and head slightly above the ground.



6. Right Plank (30 Seconds)

Goal – Keep back straight, avoid dropping the hips, have elbow stacked below shoulder.



Note: You can elevate arms onto a couch or ledge and bend your knees to make this plank easier.

You can contract your Abs, squeeze your elbows and toes towards each other to make the this plank more advanced.

7. Bird Dog – Alternating leg & arm lifts (30 Seconds)

Goal – Keep back and neck straight, hands stacked under shoulders, knees stacked below hips, lift opposite arm & leg.



You can make the Bird Dog more difficult by lifting onto your toes and extending your legs/arms.



Enjoy your **Ultimate Ab Burn Out**. Aim to perform this at the end of your workout session to sculpt your abs and strengthen your core.

If you need to cut unwanted fat or want to access our best selling workout series to build the lean body of an athlete - all in home.

Check out our **Rapid Primal Fitness** course and learn about the *RPF-4 Method* here:

<http://tappbrothers.com/co-5-ultimate-6-pack-ab-burnout/>

You can also access your follow along video and download on the above web page.

To your fitness success – Jonathan Tapp
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