

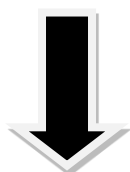
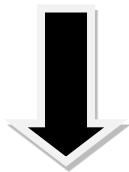
PERSONALLY TRAIN YOURSELF

## “FAT SHREDDER”

### KNOWLEDGE

- This is a High Endurance Workout to Start Defining not only your Abdominal muscles, but also to Start Defining all your Muscle groups at the same time.
- Best Results for Endomorphs, but all around beneficial to every Body Type to help workout your Cardiovascular System. End Each Workout with Static Stretches (long)
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- This Routine can be repeated every week, but recommended to alternate between this routine and the next one for more diversity and muscle confusion benefits from doing so.
- Circuits (Second Half of Workouts) can be done at Home\* and you can alternate any of these workouts.

Lets Begin...



## PERSONALLY TRAIN YOURSELF

### “FAT SHREDDER”

#### KNOWLEDGE

- Equipment:

- a. V-Bar



- b. E-Z Bar



- c. Tri-cep Rope



- d. Preacher Bench

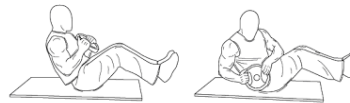


- Workouts for Abdominals:

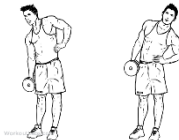
- a. **Weighted Decline Crunches**



- b. **Romanian Twists**



- c. **Oblique's**



- A Good Rule of Getting a Six Pack is to always be sweating, If you're not sweating then work harder.
- Weighted Abs Give Good Depth and Formation of Abdominal Muscles. Avoid Doing a Thousand Crunches cause it is hard to see results from that.
- Abdominals are Made by reducing your overall body fat.

# ABDOMINAL ANATOMY

