

16 Week Razor-Sharp Abdominal CARDIO WORKOUTS



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Training Guidelines

- Ideally these workouts are best to be down on their own day as far away from your weight training workout as possible - either in the morning on a (near empty stomach) or in the evening after your last meal. They can also be performed after your weight training workouts.
- Fill as many of your non weight training days, which your current schedule permits, with one of the cardio workouts or after your weight training workout.
- Begin each workout with a 5-10 minute warm up before commencing the “workout” portion of the session.
- Begin with 15 minutes of cardio, Abdominal Circuit, 15 minute of cardio.
- Progress to 20 minutes of cardio, Abdominal Circuit, 20 minutes of cardio.
- Progress to 25 minutes of cardio, Abdominal Circuit, 25 minutes of cardio.
- Progress to 30 minutes of cardio, Abdominal Circuit, 30 minutes of cardio.
- Experiment with the various cardio protocols below. Initially, both your first and second rounds of cardio will be “easy.” Progress to your first round of cardio being “hard” and your second round of cardio being “easy.” Finally progress to both rounds of cardio being “hard.”
- Rotate the different abdominal/core workouts around.
- Feel free to modify the abdominal workouts by using the Virtual Trainer based on your equipment availability.
- Drink at least 2 litres of water throughout each of these workouts.

16 Week, Razor-Sharp Abdominal Cardio Workouts

<u>Abdominal Circuit #1</u>	<u>Sets</u>	<u>Reps</u>
Supine Double Leg Raise (ball)	3-4	failure
Ball Crunch with Cable	3-4	failure

Abdominal Circuit #2

Incline Hip Raises	3-4	failure
Decline Crunches	3-4	failure

Abdominal Circuit #3

Rollouts from Knees	3-5	20-25
Stability Ball Crunches	3-5	20-25

Abdominal Circuit #4

Crunches (feet 90 degree)	3-5	25-50
Lying Side Crunch	3-5	25-50

Abdominal Circuit #5

Supine Double Leg Raise	3-5	25-50
Hip Thrusts	3-5	25-50

Abdominal Circuit #6

Hanging Leg Raises	3-4	25-50
Cable Crunches	3-4	25-50

Cardio Workout #1

Ladder Workout: 1 minute Hard, 2 minutes Hard, 3 minutes Hard with 1 minute recovery between each interval. Repeat 2-3 sets

Hard Running = 16-24 minutes Total

Cardio Workout #2

Ladder Workout: 1 minute Hard, 2 minutes Hard, 3 minutes Hard, 4 minutes Hard, 5 minutes Hard with 1 minute recovery between each interval. Repeat 2-3 sets

Hard Running = 15-45 minutes Total

Cardio Workout #3

Increase speed 1mph every 5 minutes

Cardio Workout #4

10-15 x 1 minute Hard alternating with 1 minute Easy

Hard Running = 10-15 minutes

Cardio Workout #5

6-8 x 2 minutes Hard and 1 minute Easy

Hard Running = 12-16 minutes

Cardio Workout #6

4-6 x 3 minutes Hard and 2 minutes Easy

Hard Running = 12-18 minutes

Cardio Workout #7

(track)

Sprint the straight away and jog the bend for 4-8 laps

Cardio Workout #8

(track)

200 meter repeats. Sprint 200 meters and walk 100 meters for 12-24 intervals

Cardio Workout #9

(track)

400 meter repeats. Sprint 400 meters and walk/jog 200 meters for 8-12 intervals

Cardio Workout #10

(track)

Spring 400 meters, 300 meters, 200 meters, 100 meters with a 100 meter walk/jog recovery and repeat 3-4 x

Cardio workout #11

(track)

Hard 1600 meters (4 laps), Hard 1200 meters (3 laps), Hard 800 meters (2 laps), Hard 400 meters (1 lap). Take 200 meters **walk/jog recovery. Repeat 1-2x**