

2010 Phase 1, February Break, Recovery Workout



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INTRODUCTION:

The following Abs Workout is the program we used in the Ab workout for Haiti fundraiser. You can choose to do the following workout up to 4 times in 1 week as long as you take 1 day off in between each workout. You can also combine this workout with the fat loss jump start workout, the recovery week workout #1 and #2 and/or most any total body fat loss program you get from me. You can do this on its own day, after a strength workout, before a conditioning workout or after a strength and before a conditioning workout. You can also take the week off from strength if you think you need it; newer, less experienced weight lifters need less recovery than advanced weight lifters.

For conditioning:

Men 175 minutes completed by midnight, February 21, 2010.

Women 250 minutes completed by midnight, February 21, 2010.

Your main goal with the cardio minutes is to move. Your second goal is to follow the [conditioning program](#).

You're going to learn a do anywhere abs routine that will be a love-hate workout. You'll love it because of its effectiveness, but you'll hate it because it's hard. In the end you'll do it because your love & desire for a hard, lean and more defined stomach is worth the hard work to get it.

Without further ado, let's get you started.

We're going to do a 5 minute warm up. If your abs workout follows a strength, conditioning, yoga, sport or some other physical training that had a warm up, then you can skip it. Since you most likely haven't done a warm up yet today, we'll start there.

PLAN

30 minute total body, Do anywhere Abs workout.

5min: Movement Prep Warm Up

20min: 50:10 Interval Abs Circuit

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5min: Static Stretch Cool Down

30min Total Time for Interval Abs Workout

Movement Prep Warm Up (5min)

50:10 = 50seconds of work, 10 seconds of rest; perform 50 seconds of 1 exercise before moving on to the next exercise. 5 exercises total. Complete all exercises in a circuit; take 1 minute rest after completing circuit.

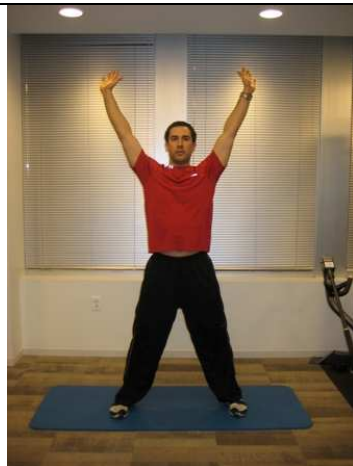
1. Side-Lying Thoracic Rolls
2. Wide Stance Matrix
3. Split Stance Matrix Right Back
4. Split Stance Matrix Left Back
5. Jumping Jacks / Push Ups

50:10 = 50 seconds of work, 10 seconds of rest; rest 1min after completing warm up

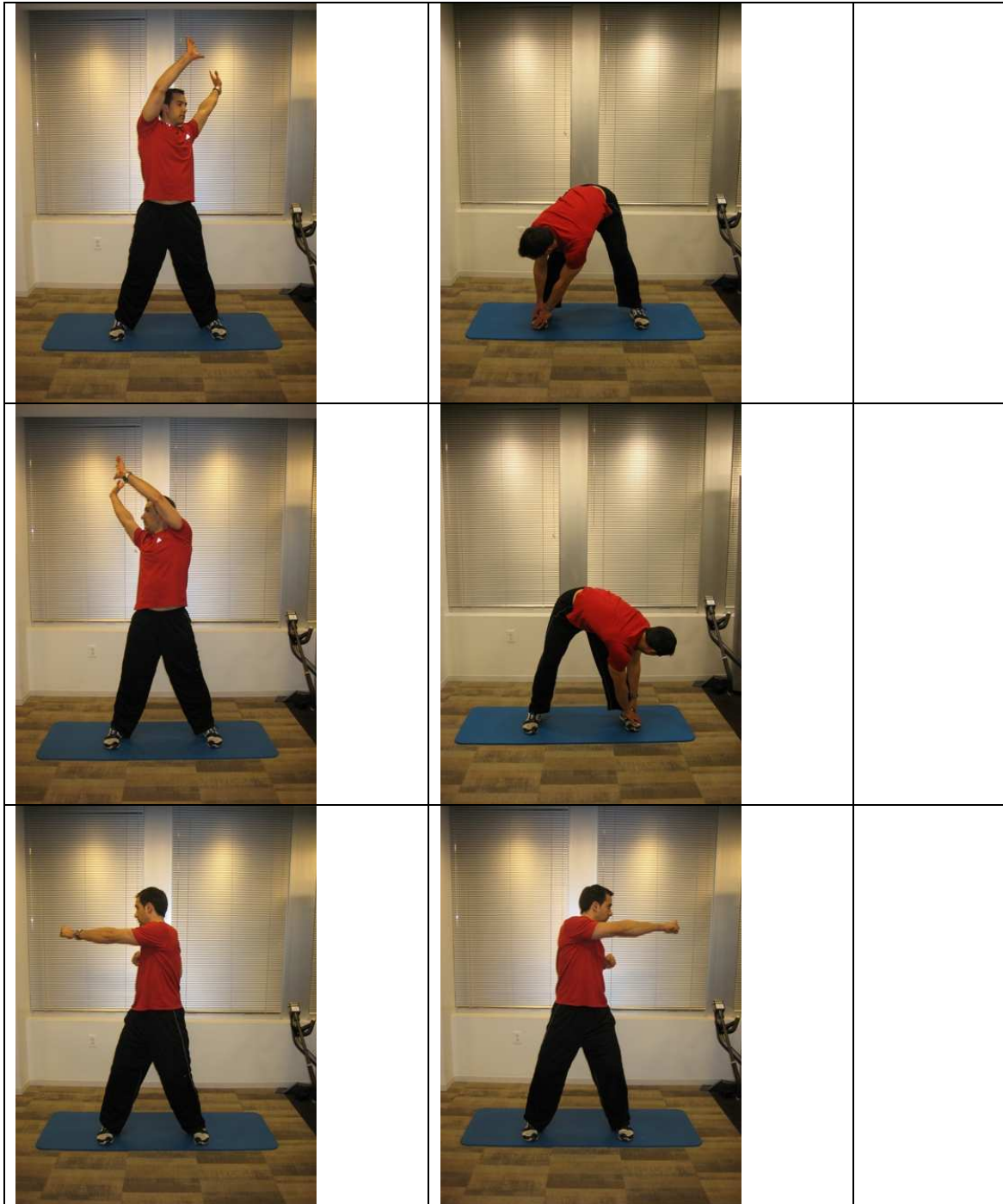
1. Side-Lying Thoracic Rolls









2. Wide Stance Matrix









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3. Split Stance-Right Leg Back				
				
				



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4. Split Stance-Left Back			

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5a. Jumping Jacks				
				
5b. Push Ups				

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[Click Here](#)

[To watch Video of Movement Prep Warm Up](#)

50:10 Interval Abs Circuit: (20 minutes)

You will complete 4 rounds of a 50:10 Abs interval workout consisting of 5 total body abs exercises. There are 3 levels for each exercise. The 1st exercise listed is a level 1 or beginner exercise. The 2nd exercise listed is an intermediate exercise and the 3rd exercise listed is an advanced exercise. Each round of 5 exercises takes 5 minutes to do. If you're short on time and want to get a quick 5, 10 or 15 minute workout in. "Well-ah", you've got it. Rest 1 minute upon completing all 4 rounds, before moving on to the cool down stretch or to the next activity...

A1: (L1) Straight Leg Sit Ups, (L2) Straight Leg Sit Ups w/ Hands Behind Head (L3) Straight Leg Sit Ups w/ DB Overhead

A2: (L1) Supported Leg Lower, (L2) Alternate Leg Lower (L3) Alternate Leg Lower w/ Opp Arm Reach





A3: (L1) Kneeling Long Plank w/ Alt Sho Tap (5 sec holds), (L2) Long Plank w/ Alt Sho Tap (5 sec holds), (L3) 1-Leg Long Plank w/ Alt Sho Tap (5 sec holds)

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A4: (L1) Side Plank on 1-Knee w/ Elbow to Knee Touch-5 count holds, (L2) Side Plank on Feet w/ Elbow to Knee Touch-5 count holds, Side Plank on Top Foot w/ Opp Elbow to Knee Touch-5 count holds

A5: (L1) Tall V-Sit Diagonal Raise w/ ½ Straight Legs, (L2) Tall V-Sit Diagonal Raise w/ Bent Knees, (L3) Tall V-Sit Diagonal Raise w/ Piked Legs









- Repeat circuit for a total of 4 rounds; rest 1min before starting static stretching.

A1. (L1) Straight Leg Sit Ups		
		
(L2) Straight Leg Sit Up w/ Hands Behind Head		
		
(L3) Straight Leg Sit Ups w/ DB Overhead		







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<p>A2. (L1) Supported Leg Lowers w/ Band</p>			
			
<p>(L2) Alternate Leg Lowers</p>			
			
<p>(L3) Alternate Leg Lowers w/ Opp Arm Reach</p>			
			









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A3: (L1) Keeling Side Plank w/ Alt Shoulder Tap (hold for 5 seconds)		
		
(L2) Long Plank w/ Alt Shoulder Tap (hold for 5 seconds)		
		
(L3) 1-Leg Long Plank w/ Alt Shoulder Tap (hold for 5 count)		
		
A4: (L1) Side Plank on 1-Knee w/ Elbow to Knee Touch (hold for 5 count)		
		

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(L2) Side Plank on Feet w/ Elbow to Knee Touch (hold for 5 count)		
		
(L3) Side Plank on Top Foot w/ Opp Elbow to Knee Touch (hold for 5 count)		
		
A5: (L1) Tall V-Sit Diagonal Raise w/ Straight Legs		
		
(L2) Tall V-Sit Diagonal Raise w/ Bent Knees		

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<p>(L3) Tall V-Sit Diagonal Raise</p>		
		
<p>A5: L1, L2 & L3 can also be performed with a dumbbell</p>		
		
<p>(L2)</p>		
		

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[Click Here](#)
[To watch Video of Level 1 Interval Abs Circuit](#)

[Click Here](#)
[To watch Video of Level 2 Interval Abs Circuit:](#)

[Click Here](#)
[To watch Video of Level 3, Interval Abs Circuit:](#)

Static Stretch (5min):





Hold each stretch for 15 seconds. You get 5 seconds to switch to the next stretch. Relax and enjoy this cool down as your muscles lengthen and you feel a sense of calm overcome you. Breathe in through the nose and out through the mouth. Feel your stomach rise with each inhale and your stomach fall with each exhale.

5 Minute Cool Down


1. Cobra Stretch
2. Cobra Right
3. Cobra Left
4. Childs Pose
5. Childs Pose Right

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6. Childs Pose Left
7. Seated Shoulder Sit & Reach
8. ½ Kneeling Quad Hip Flexor Push-Right
9. ½ Kneeling Quad Hip Flexor Push-Left
10. ½ Kneeling Hip Flexor w/ Tricep Pull
11. ½ Kneeling Hip Flexor w/ Tricep Pull
12. Hip Cross Behind Right
13. Hip Cross Behind Left
14. Split Stance Right w/ Postero-Lateral Reach
15. Split Stance Left w/ Postero-Lateral Reach

Static Stretching (5min): 15:5	
1. Cobra Stretch Center	2. Cobra Stretch Right
	
3. Cobra Stretch Left	4. Childs Pose Center
	
5. Childs Pose Right	6. Childs Pose Left

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7. Seated Shoulder Sit & Reach	8. ½ Kneel Quad / Hip Flexor Push-Right
	
9. ½ Kneel Quad / Hip Flexor Push – Left	10. ½ Kneel Hip Flexor w/ Triceps Pull
	
11. ½ Kneel Hip Flexor w/ Triceps Pull	12. Hip Cross Behind Right
	

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13. Hip Cross Behind Left	14. Split Stance right w/ Postero-Lateral Reach
	
15. Split Stance Left w/ Postero-Lateral Reach	
	

[Click Here](#)

[To Watch A Video of the Static Stretching](#)

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Name: _____

Recovery Workout, Phase 1

TB Abs Workout

Dates Trained						
BW, S: ___ lbs, G: ___ lbs						

Order	Exercise	Movement	Tips & Cues	Sets	Reps	Tempo & Rest	Weights Lifted				
MP (5min)	1. Side-Lying Thoracic Shoulder Rolls (switch ½ way)			1	Max	50:10					
	2. Squat Stance Matrix			1	2-4 reps / up-down pattern	50:10					
	3. Split Stance Matrix (Right Leg Back)			1		50:10					
	4. Split Stance Matrix (Left Leg Back)			1		50:10					
	5a. Jumping Jacks (switch ½ way); 5b. Push Ups			1	Max	50:10					
A1	(L1) Straight Leg Sit Ups, (L2) Straight Leg Sit Ups w/ Hands Behind Head (L3) Straight Leg Sit Ups w/ DB Overhead			4	20-25	50:10;					
A2	(L1) Supported Leg Lowers, (L2) Alternate Leg Lowers (L3) Alternate Leg Lowers w/ Opp Arm Reach			4	20-25 (total or if alternating, 20-25 reps / 1 leg / round)	50:10; hold for 1 counts					
A3	(L1) Kneeling Long Plank w/ Alt Sho Tap (5 sec holds), (L2) Long Plank w/ Alt Sho Tap (5 sec holds), (L3) 1-Leg Long Plank w/ Alt Sho Tap (5 sec holds)			4	8-10 reps total	50:10; hold for 5 counts					
A4	(L1) Side Plank on 1-Knee w/ Elbow to Knee Touch-5 count holds, (L2) Side Plank on Feet w/ Elbow to Knee Touch-5 count holds, (L3) Side Plank on Top Foot w/ Opp Elbow to Knee Touch-5 count holds			4	8-10 reps total	50:10; hold for 5 counts					
A5	(L1) Tall V-Sit Diagonal Raise w/ ½ Straight Legs, (L2) Tall V-Sit Diagonal Raise w/ Bent Knees, (L3) Tall V-Sit Diagonal Raise w/ Piked Legs			4	20-25	50:10; hold for 1 counts					
All stretches 1x15s: forward bend, deep squat, deep squat right arm to sky, deep squat left arm to sky, stride back right leg, d-day flag raise, 1/2 kneeling triceps pull, stride back left leg, d-day flag raise, 1/2 kneeling triceps pull, 1-arm lat pull R/L, 1-arm chest push R/L, behind back overhead shoulder reach											
Nutrition: (1) 4 essentials @ every meal, (2) Super foods; (3) Carb Timing, (4) Meal Planning, (5) Grocery Shopping, (6) Sunday Prep Work, (7) cooking strategies											
Comments & Notes: Each training session strive to lift more weights, do more reps, do more sets, do the exercise faster or take less rest. How did this program work?											

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Mike Alves is the owner and founder of Athletes by Alves, a performance training company, and a co-founder of Change Your Body Boot Camps. He is an Athletic Training graduate of the Prestigious, Springfield College; a Licensed and Certified Athletic Trainer with the National Athletic Trainers Association and a Certified Strength and Conditioning Specialist with the World Renowned National Strength and Conditioning Association.

As a coach and trainer he has helped thousands of people return to health, improve their shape and achieve personal bests through performance training.

Mike's consultation services include:

- Workshops
- Corporate Fitness
- Fitness Boot Camps
- Private Training
- Semi-Private Training
- Online Training
- Private Coaching
- Semi-Private Coaching
- Phone Coaching
- Mentorship Programs
- Fundraisers

He recently wrote his 2nd body transformation e-book, **Fat Loss with A Deadline** for those unable to train with him due to location or schedule, for do it yourselfers and those desiring a program to follow while traveling.

Coach Alves' professional background includes experiences with athletes, clients and coaches from:

- *Springfield College
- *Boston Red Sox Minor League Affiliates
- *UMASS/Amherst
- *Mike Boyle Strength & Conditioning
- *Health South
- *Chicopee High School
- *WMASS Pioneers Professional Soccer Club
- *Fitness Together and
- *Boston Sports Clubs
- *Mixed Martial Arts
- *Triathlons

Coach Alves like most coaches and trainers is very active and regularly practices what he preaches. He has competed or competes in the following sports:

- *Sprint & Olympic Triathlons
- *Men's Basketball Leagues
- *Men's Softball Leagues
- *Road Races
- *Mixed Martial Arts: Krav Maga, No Gi Brazilian Jiu-Jitsu

To learn more about Mike, please visit his websites: <http://mikealves.com> or <http://bootcampboston.com>.