

Travis Stoetzel's

THE LEAN AND MEAN BLUEPRINT



Lean and Mean
Killer Ab
Finishers

**THIS IS A FREE MANUAL – PLEASE FEEL FREE TO
SHARE IT WITH OTHERS!**

This manual is being offered for education and information purposes only. There is inherent risk with any physical activity associated information mentioned in this book.

Please consult your physician before any type of exercise associated with this manual.

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KILLER Ab Finishers for A Ripped Core and More Muscle!

Here is a BRUTAL compilation of some of the toughest ab finishers I've put together that will help you build more core strength and muscle.

Use these different sets of ab finishers AFTER your main training sessions or during.

A few examples would be something like this:

(AFTER session)

1A) Deadlifts 5 x 5

2A) Push Ups 3 x submax

2B) Pull Ups 3 x submax

3A) Kettlebell Swings 3 x 15

AB FINISHER

(DURING session)

1A) Back Squats 3 x 8

2A) 1A DB Press 4 x 10

2B) 1A DB Row 4 x 10

AB FINISHER

3A) Sled Drags OR Sprints

Forget your regular old crunches and sit ups! Those are LONG gone!

These are meant to be done as circuits. You will go through each movement without rest until you complete all 3 movements. Rest anywhere from 30-90 secs and repeat for 2-4 rounds total.

For videos of the movements used, just click on the exercise with links attached!

For questions – contact me theforgedathlete@gmail.com

Get After It!

a) Dip + Leg Raise x 10 - 15

b) Roll Outs x 15

c) Hand Walks on Power Wheel / Wheel barrow walks / Seal Walks x max distance

See video on this complex [HERE](#)

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a) [Hanging Leg Raise + Iso Pull](#) x 10 - 15

b) [Barbell Grappler Twist](#) x 10 / side

c) [Band Rotation at 45 degrees up](#) x 10 /side

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a) TRX Atomic Push ups / Push Up w/ knee tucks x 10 - 15

b) [Roll Outs](#) x 15

c) [Alternating Band Punches](#) x 30 secs OR 15 each side

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a) [Power Wheel Pike](#) x 10 - 15

b) [Band Rotational Pull 45 degrees down](#) x 10 / side

c) [Dragon Flag Variation](#) (Rocky Sit Ups) x max reps

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a) [Barbell Sit Up](#) x 10

b) [Banded Knee Tuck](#) x 15 / side

c) Weighted Plank x max time

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a) [TRX Atomic Push Up](#) x 10

b) TRX Pike x 10

c) TRX Side To Side Knee Tucks x 10 / side

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a) Iso Hanging Leg Raises x 10 - 15

b) [Band Rotations](#) x 10 – 15 / side

c) Backwards Inch Worms (just go backwards) x 10 total reps

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a) Push Up + Knee Tucks x 10 / side

b) [Side Plank w/ leg swing OR knee tuck](#) x 30 – 45 secs OR 15 leg swings

c) Side Plank w/ leg swing OR knee tuck x 30 – 45 secs OR 15 leg swings

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a) [Hanging windshield wipers](#) x 10 / side

b) [Banded wheel roll outs](#) x 15

c) V – Seats x 15

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a) [Turkish Get Up](#) x 5 per arm / side

b) [Crab Hold w/ Press x 10 / side](#)

c) [Plank Hold Variation](#) x max time

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a) [Side Plank Reach and Rotation](#) x 15

b) Side Plank Reach and Rotation x 15

c) Med Ball Russian Twist x 15 per side

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a) Band Rotation Down x 15 per side

b) [Plate / KB Upper Cut Rotation x 10](#)

c) Plate / KB Upper Cut Rotation x 10

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a) Plate V-Seat x 15

b) Band Rotation x 15

c) Band Rotation x 15

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a) TRX Knee Tucks x 10 / Side

b) TRX Pendulum Swings x 10 / Side

c) TRX Pike x 10

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a) Kettlebell OR Plate Upper Cut rotations x 10 per side

b) [Barbell Sit Up](#) x 15

c) Weighted Plank x max time

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a) TRX Mountain Climber x 15 reps / side

b) TRX Pendulum Swings x 10 / Side

c) TRX Pike x 10

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a) V – Seat x 15

b) Barbell Grappler Rotations x 15 / side

c) Weighted Plank x max time

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a) Push up w/ Knee Tuck x 10 / side

b) Band Punches x 30 secs OR 15 / side

c) Crab Holds w/ Press x 10 / side

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a) Band Rotation x 10 / side

b) Band Rotation Up x 10 / side

c) Band Rotation Down x 10 / side

KEEP TRAINING AGGRESSIVE!

Recommended Hardcore Resources:



[The Bags, Bells, and Bodyweight Training System](#)

– The “System” I created for SERIOUS trainees that combines the use of kettlebells, bodyweight, and sandbags to help construct serious gains in muscle, strength, power, and athleticism. If you love to train hard and want a serious challenge, this is it!

[My personal website/blog](#) – Stay connected with me! Workouts, videos, everything HARDCORE!

[Body By Vi Protein](#) – For you Hardcore Supplement needs, these guys are about PURE quality! Give their 90 day Challenge a try!

[The Power Wheel](#) – This is “the” BEST and most effective core strengthening and overall training tools available!

[Performax Bands](#) – I mentioned these above in the workout. Bands offer a great way to increase any and all exercises. Take them anywhere you go and get strong!

[TRX Suspension Training System](#) – Another great tool that’s very versatile and effective. Take regular bodyweight exercises and turn them into highly advanced progressions to gain muscle and strength!