



VISUAL IMPACT
==MUSCLE BUILDING==

Muscle Building Special Report #3

“Deep” Six Pack Abs Report

I've changed my stance on abs over the past 3 years. I have slightly different advice these days than what some of my articles on Fitness Black Book outline.

In the past, I have advised people to avoid doing any exercise that flexes the spine forward.

The reason for this is that it causes your spine to weaken and not just when you are performing the ab exercise. I learned this from studying the World's leading expert on back pain, Dr. Stuart McGill. I picked up his book, “Low Back Disorders” close to 10 years ago. It has been a godsend!

Here is what Stuart McGill says about exercises that flex the spine forward.

“When the spine is fully flexed, we've measured the spine losing up to 40% of its ability to bear compressive loads. In other words, the spine is strongest when in a neutral position.”

So because of this, in the past I recommended avoiding any ab exercise that flexed the spine forward. This included crunches, situps, hanging leg raises, every Nautilus ab machine, etc.

I slightly changed my stance on this earlier this year.

I still recommend avoiding situps and crunches and ab machines, but have reintroduced hanging leg raises into my routine as well as lying leg raises. I have been diligent at counteracting this forward flexing with “hip bridges” (I'll explain a little more about that later).

The guy with the best abs I have ever seen in person was a golf pro.

The actual activity of golf really had nothing to do with his abs. He was the head golf pro at a country club near The University of Washington, where I went to college. One of the guys in my fraternity at the time got a full ride on a Golf scholarship. He worked with this guy on the weekends.



This guy actually lived above the pro shop (here is a photo of the place).

Anyways...we asked him what his ab routine was, because as 19 year old college students, six pack abs were a high priority. Our fraternity had a volleyball court and we wanted to look good for the young sorority girls walking by.

Note: I'm not a typical “frat guy” or anything like that. It was a fun time, but haven't really gone back to alumni events or anything. Made some great friends but I'm definitely neutral on the whole Sorority & Fraternity thing.

So what did this guy's Ab Routine look like?

The only ab exercise this guy did was hanging leg raises. He did them from a two by four that was about 2-3 feet lower than the ceiling up in the attic. He had to jump up about a foot to grab on to the beam.

He showed us about 3 different ways of doing hanging leg raises.

We took his advice and I implemented these hanging leg raises in the early fall of 1989. By spring of 1990, I could see deep six pack abs for the first time in my life. I didn't just have a six pack...and my abs were looking good even on a cloudy day.

So 20 years later...time to “pay it forward” (better late than never)

Here are the movements he taught us. From easiest to hardest.

- 1) **Hanging Knee Ups**: Simply hang from a chinup bar and lift your knees higher than your hips then lower back down. Do a Youtube search on how to perform these. Half the battle when you are first learning these various leg raises is getting your body conditioned to hang from a bar. Aim for 15-20 reps...about 4 sets.
- 2) **Bent Leg Raises**: Similar to knee ups except you keep your legs in a bent locked position. He told us that as we gained strength we could slowly straighten out our legs. Same rep range as the previous exercise.
- 3) **Swinging Side to Side Bent Knee Ups**: This one is a unique version of hanging leg raises that I haven't seen anyone else perform, besides me, my golf buddy and his golf pro friend. A picture will help...



- *Raise your knee higher than your hips while moving both knees to the right side of your body.
- *Lower your knee while moving your knees back to your center. Dip them down lower than your hips.
- *Move your legs to your left as you raise them to higher than your hips.

Tip: Follow this arc in a smooth manner. Keep your body facing and head facing forward. Do this as a burnout exercise to failure. Go as long as possible until you can't do these anymore. This really develops the “V” where the hips and lower abs meet. Girls dig muscle definition in this region.

The golf pro did this workout 2-3 times per week.

...and that is all he did. The huge benefit of doing these while hanging is that your grip will improve and you will develop all of those detail of that torso that frame the chest and abs.

A couple of things I would recommend to add to this routine.

- 1) **Hip Bridges or Back Bridges**: This is actually the reason I'm comfortable recommending a movement that flexes the spine forward a bit. I learned about the benefits of bridging in the book [Convict Conditioning](#). I picked up the book, because of the descriptions it had on the sales page for the benefits of bridging...the one that got me was this: “How to cut lower back pain and spinal disorders by 99% in a single generation”. Anyways, now I follow up all ab work with hip bridges to insure my spine is as “Strong as a Steel whip” (another quote I liked).
- 2) **Planks**: Another amazing overall ab exercise that stabilizes your entire core. This will train your abs to be flexed and dense even when you are relaxing. A must do for maximum ab definition.

Spend some time working abs while hanging from a chin up bar the next 9 months & you will be thanking me when summer rolls around!

Give it a shot :)

-Rusty

Note: More Visual Impact “tweaks” coming your way!

Special Report Links so Far (in case you missed them)

Special Report 1: [Same Workout, More Fat Free Muscle](#)

Special Report 2: [When to Go “Nutty” With Workout Volume](#)