

Lord of the Abs - A Core Cross-Training Program

Everybody wants a strong core and 6-pack abs. If your abs look good, guaranteed, the rest of your body will look great! My **Lord of the Abs** series is a first-ever Core Cross-Training program designed specifically to target this problem area. You will improve your abdominal strength, range of motion, stability and overall appearance. This is your path to a strong core and your own 6-pack abs!



There are 5 workouts on 5 DVDs. Each of these workouts target the abs in different ways with whole new sets of exercises that when combined work to maximize results. But the real beauty is that the **Lord of the Abs** series will give you more than just 6-pack abs. ***It will also strengthen your entire body while blasting calories and burning unwanted fat!***

I have put together a suggested weekly workout schedule for the **Lord of the Abs** series. For maximum results I recommend doing one workout per day finishing a complete cycle within a one-week period. You can choose to do the workouts 5 days in a row or opt to take a rest day after the 2nd or 3rd workout, and then another rest day after completing the 5th workout in the series.

***In one day you will feel a difference!
In 5 days you will see a difference!***

I have also put together 2 additional suggested workout schedules:

A suggested schedule that combines **Lord of the Abs** with the **Ultimate Body Sculpt** series

A suggested schedule that combines **Lord of the Abs** with **The Quick Fit System**

See page 2 for schedules

Lord of the Abs Suggested Weekly Schedule:

Try to complete within one week. You can take a rest day after Day 2, or Day 3 and another after Day 5.

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| Day 1 | Phenomenal Abs & Core - Intense floor workout (Abs, Core) |
| Day 2 | Abs on Fire - Fat-burning Core workout (Cardio, Core) |
| Day 3 | Maximum Abs - Heavy ball standing workout (Cardio, Core, Strength) |
| Day 4 | Core Challenge - Heavy ball floor workout (Core, Abs, Back) |
| Day 5 | Hard Core - Progressive core circuits (Cardio, Core, Overall strength) |

Suggested rotation schedule combining:

Lord of the Abs (LOTA) and the **Ultimate Body Sculpt** series (UBS)

Try to complete within 10 days

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|-------|---|
| Day 1 | UBS - Power and Grace |
| Day 2 | LOTA - Phenomenal Abs & Core |
| Day 3 | LOTA - Abs on fire |
| Day 4 | UBS - Cuts and Curves |
| Day 5 | UBS - Core and More |
| Day 6 | LOTA - Maximum Abs |
| Day 7 | UBS - Core Challenge |
| Day 8 | LOTA - Hard core |

Suggested intense weekly schedule (2 workouts/day) combining:

Lord of the Abs (LOTA) and **The Quick Fit System (QFS)**

Try to complete within one week

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|-------|--|
| Day 1 | QFS - Cardio Classic + LOTA - Phenomenal Abs & Core |
| Day 2 | QFS - Hips Thighs and Buns + LOTA - Maximum Abs |
| Day 3 | QFS - Cardio Strike + LOTA - Core Challenge |
| Day 4 | QFS - Chest and Back + LOTA - Abs on Fire |
| Day 5 | QFS - Cardio Blast + QFS - Shoulders and Arms |
| Day 6 | QFS - Abs + LOTA - Hard Core |