



8 Week
AB HOME BASED
WORKOUT

BY ELIZABETH SOULOS

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DISCLAIMER

The purpose of this Disclaimer is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision as to whether or not you should participate in these types of activities.

The exercises provided by Elizabeth Soulos Fitness are for educational and entertainment purposes only and is not to be interpreted as a recommendation for a specific treatment plan, product, or course of action.

Elizabeth Soulos Fitness is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

Elizabeth Soulos Fitness strongly recommends that you consult with your physician before beginning any fitness program. You should be in good physical condition and be able to participate in the exercise.

You should understand that when participating in any exercise or fitness program, there is the possibility of physical injury. If you engage in this exercise or fitness program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Elizabeth Soulos Fitness from any and all claims or causes of action, known or unknown, arising out of Elizabeth Soulos Fitness's negligence.

Exercise and health are matters that vary from person to person. Viewers of these programs should speak with their own doctors about their individual needs before starting any exercise program. This eBook is not intended as a substitute for the medical advice and supervision of your personal physician. Any application of the recommendations set forth in the following pages is at the viewer's discretion and sole risk.

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

ABOUT THIS PROGRAM

The core is a vital area for all functional body movements, so whether you're looking to increase your strength, improve your balance and get toned abs, this ab exercise guide will help reach your goals.

It's a 24 minutes core focused program you can do at Home or in a Hotel when travelling.

To achieving a tight core in 24 minutes - set your interval timer to 45 seconds on and 15 seconds off. This means you'll exercise for 45 seconds and rest 15 seconds.

Repeat suggested seven exercises three times. When you exercise you'll feel the burn, so do your best to exercise within the time suggested.

The aim is to train consistently, same time, every second day, whether it's in the morning, midday or evening - Monday, Wednesday, Friday.

To conduct these exercises, you'll need an exercise mat and a 5kg medicine ball. The medicine ball provides intensity; you can degress by removing the medicine ball.



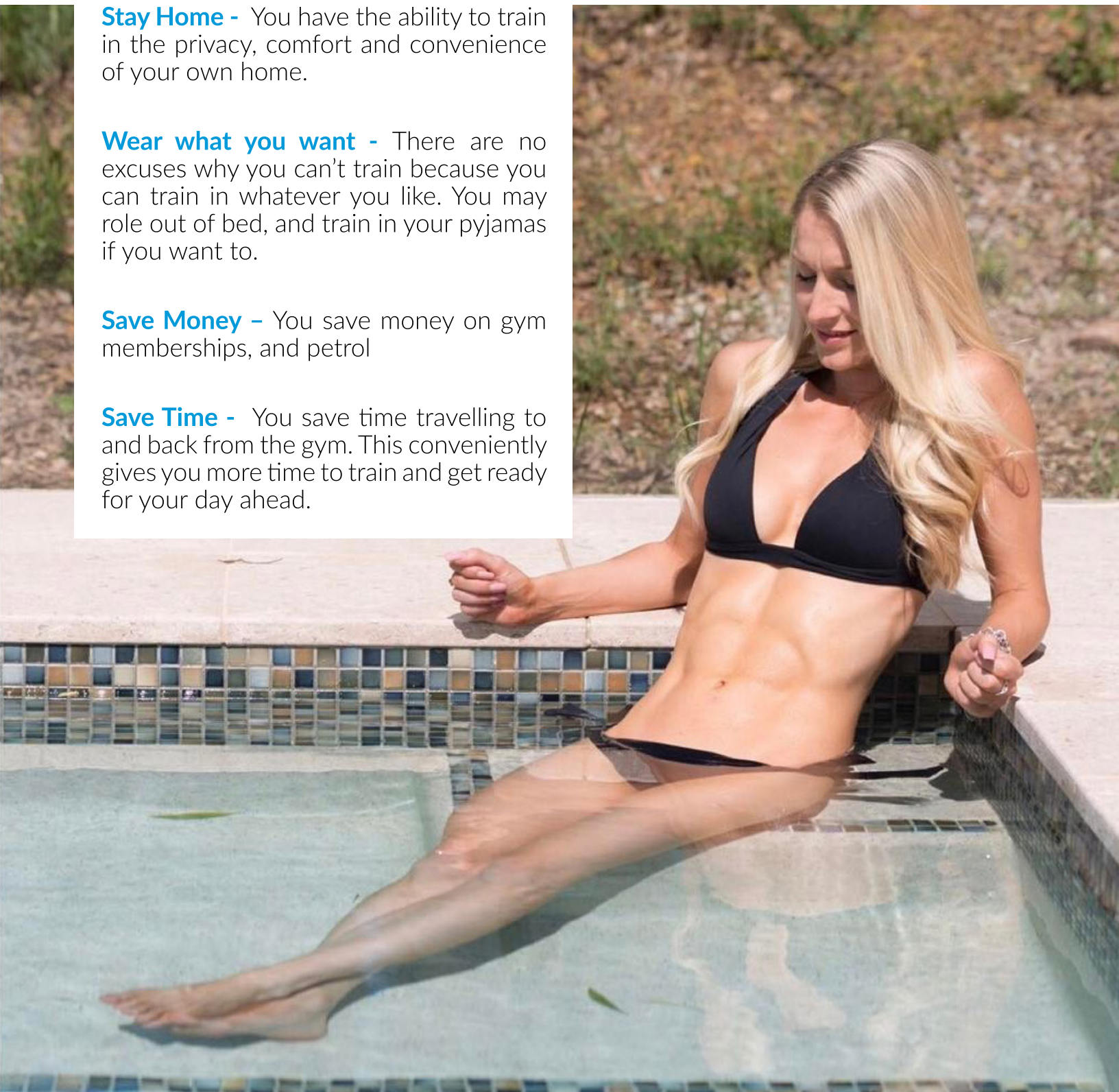
THERE ARE MULTIPLE BENEFITS OF TRAINING AT HOME

Stay Home - You have the ability to train in the privacy, comfort and convenience of your own home.

Wear what you want - There are no excuses why you can't train because you can train in whatever you like. You may role out of bed, and train in your pyjamas if you want to.

Save Money - You save money on gym memberships, and petrol

Save Time - You save time travelling to and back from the gym. This conveniently gives you more time to train and get ready for your day ahead.



Nutritional GUIDELINE

Eat 5–6 meals a day.

Within 30 minutes of your post gym workout ensure you consume a protein shake or meal. This gives the adequate fuel your body needs to repair and build muscle quicker.

Drink 2-3 Litres of water a day.

Eat lean meat, poultry, fish, tofu, eggs, nuts, seeds, legumes and beans.

Eat plenty of green vegetables.

Eat less fruit as fruit is high in sugar.

Eat carbs such as brown rice, whole grain breads and sweet potato.

Don't eat processed foods.

Don't drink soft drinks.

Prep your meals in advance to prevent tempting to eat the wrong foods.



How to STAY MOTIVATED

Team up with a friend, partner or relative & build your core together.

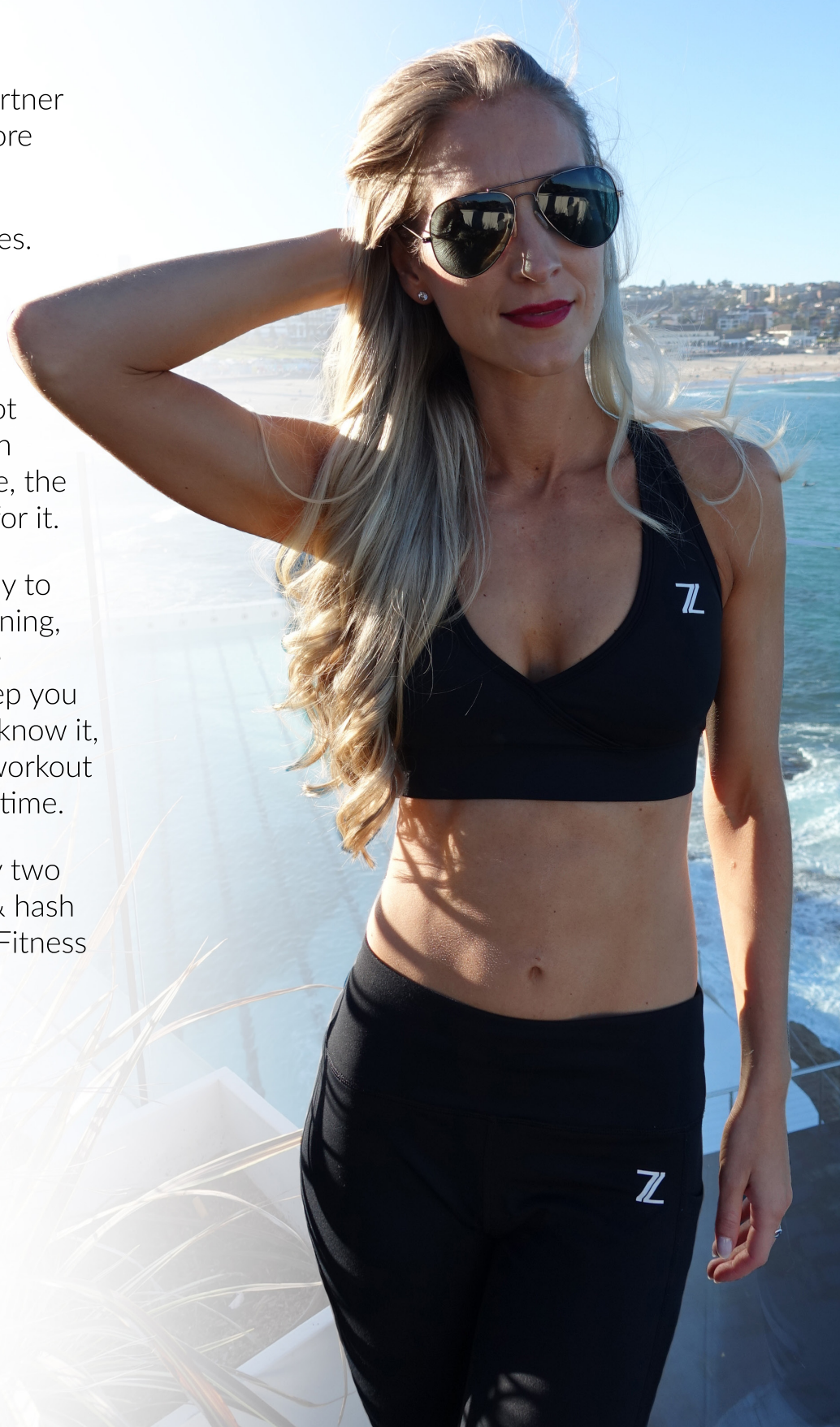
Collate inspirational images.

Set yourself goals you wish to achieve.

Don't make excuses to not train, the quicker you train and get the workout done, the quicker you'll feel better for it.

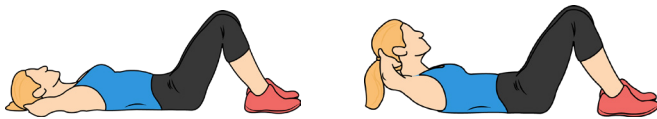
Set yourself time everyday to workout whether it's morning, midday or evening but be consistent. It will help keep you on track, and before you know it, it'll be second nature to workout at the assigned allocated time.

Track your progress every two weeks by taking photos & hash tagging #ElizabethSoulosFitness



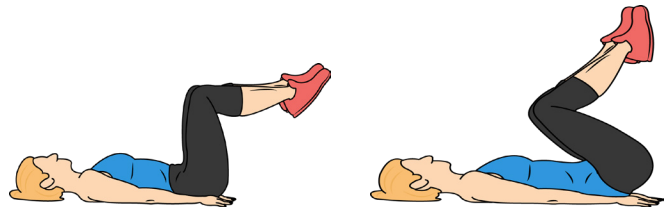
8 Week AB HOME BASED WORKOUT Weeks 1 – 4

Crunch



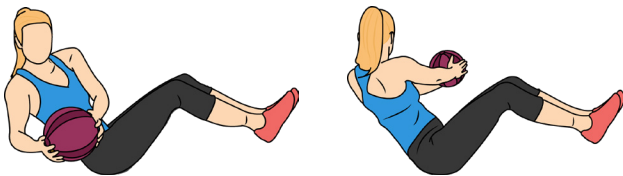
Lie down on your back, bend your knees keeping your feet flat on the floor and place your hands behind your head. Exhale as you raise your head and shoulders off the floor, curl your torso slowly and tighten your muscles. Inhale as you lower your shoulders and head to starting position. Repeat.

Reverse Crunch



Lie on your back, place your arms by your torso. Bend your knees to a 90 degree angle and exhale as you move your knees towards your chest. Inhale as you resume to starting position. Repeat.

Russian Twist with Medicine Ball (5kgs)



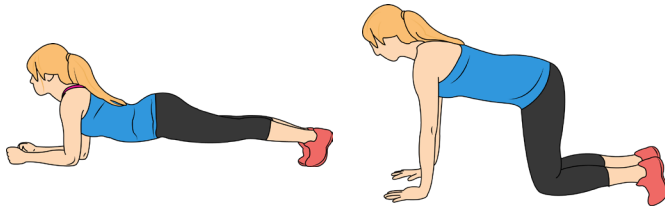
Sit on the floor, bend your knees and hold the medicine ball in the center of your torso. Lean slightly back, exhale as you twist your torso and medicine ball to the right, hold for a second. Inhale as you return to the start position and repeat on the left side.

Flutter Kicks



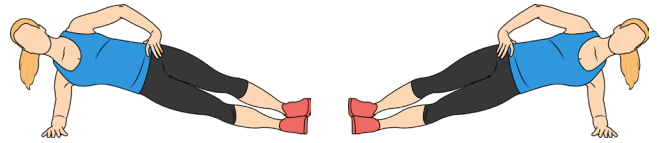
Lie flat on your back; place your arms by your side with your palms down. Keep your legs straight, start raising one leg at a time, small motion up and down. Keep your core tight, as you exhale and inhale.

Plank



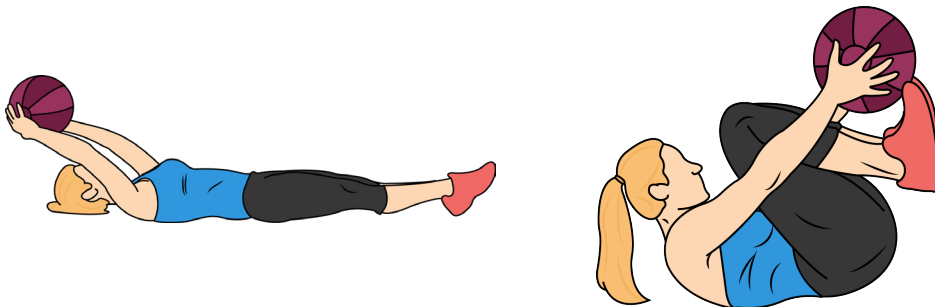
Start on all fours, extend your legs into a push up position. Place your forearms on the ground with your elbows aligned with your shoulders. Keep your torso straight, core tight and hold your position while controlling your breathing.

Side Planks (each side)



Start in a plank position. Roll your body to the right while placing your right arm on your hip and placing your right foot and leg over your left foot and leg. Your left arm and left leg should be supporting the weight of your body. Hold position and control your breathing. Change sides. Repeat.

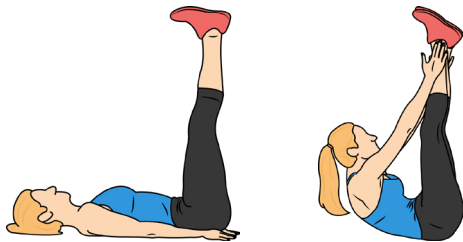
Full Extension Crunch with Medicine Ball (5kgs)



Lie down on your back, extend your arms and legs straight. Exhale while you bring your knees into the center of your abs, lift your shoulders off the ground while holding the medicine ball and bring the ball to your ankle. Inhale as you extend back into starting position. Repeat.

Weeks 5 – 8

Vertical Crunch



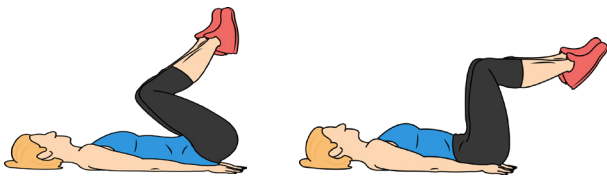
Lie on your back and raise your legs so they are perpendicular to the floor. Extend your arms straight out, keeping your legs straight, lift your shoulders off the ground and touch your toes with your fingertips.

Flutter Kicks



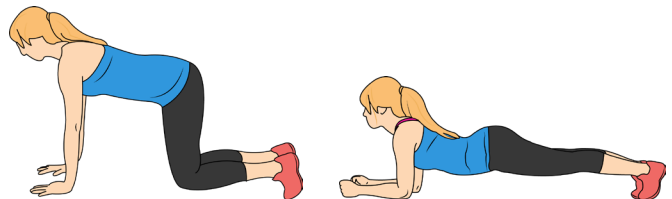
Lie flat on your back; place your arms by your side with your palms down. Keep your legs straight, start raising one leg at a time, small motion up and down. Keep your core tight, as you exhale and inhale.

Reverse Crunch



Lie on your back, place your arms by your torso. Bend your knees to a 90 degree angle and exhale as you move your knees towards your chest. Inhale as you resume to starting position. Repeat.

Plank



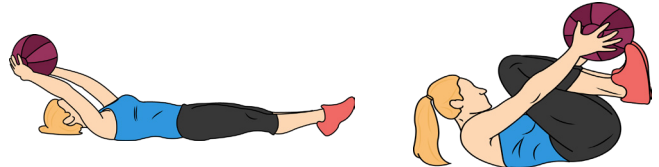
Start on all fours, extend your legs into a push up position. Place your forearms on the ground with your elbows aligned with your shoulders. Keep your torso straight, core tight and hold your position while controlling your breathing.

Lying side crunch



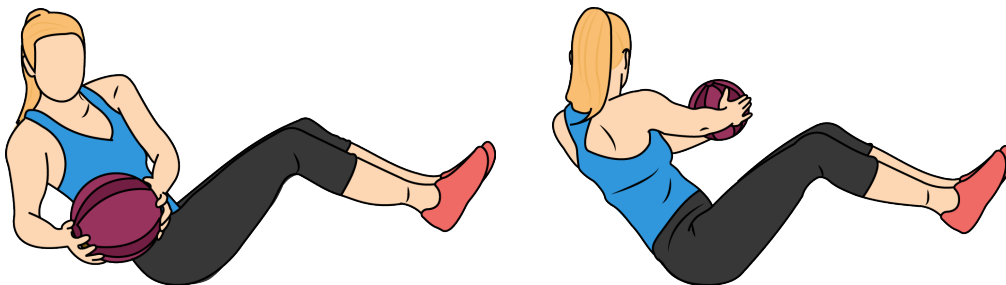
Lie on your side with your legs together. Exhale as you lift your torso & curl in to the crunch and hold. Inhale as you lower your torso into the starting position. Repeat.

Full Extension Crunch with Medicine Ball (5kgs)



Lie down on your back, extend your arms and legs straight. Exhale while you bring your knees into the center of your abs, lift your shoulders off the ground while holding the medicine ball and bring the ball to your ankle. Inhale as you extend back into starting position. Repeat.

Russian Twist with Medicine Ball (5kgs)



Sit on the floor, bend your knees and hold the medicine ball in the center of your torso. Lean slightly back, exhale as you twist your torso and medicine ball to the right, hold for a second. Inhale as you return to the start position and repeat on the left side.

Elizabeth Soulos
— F I T N E S S —

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