

6 STEPS TO A 6-PACK

IN AN ATTEMPT to achieve the 'holy grail' of a sculpted six-pack, many people focus obsessively on the superficial muscles of the core, completing vast amounts of sit ups and crunches. While there is nothing wrong with these exercises, overuse can contribute to poor posture and muscle imbalances. Ideally, the core should be approached more holistically. The following program works the core as a whole, activating all of the muscles in an integrated manner.

**PART
3 of 6
IN A
SERIES**



Photography
Julie Howard



The iPad version of this article contains more exercises, including instructional videos. Download it for FREE from www.fitnessfirst.com.au/magazine

ANA HELENA COPPOLA

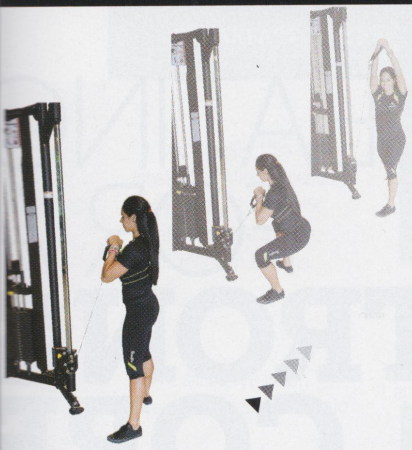
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EXERCISE NAME	REPS	SETS	LOAD / INTENSITY	DURATION / TEMPO
1. Cable drive and push	10-12	2-3	8-9 RPE	2:0:1:0
2. TRX inverted row	10-12	2-3	8-9 RPE	3:0:1:0
3. Single leg deadlift	10-12	2-3	8-9 RPE	3:0:1:0
4. BOSU® push up	10-12	2-3	8-9 RPE	3:0:1:0
5. BOSU® balance	N/A	2-3	7-8 RPE	30-45 seconds static hold
6. TRX dynamic side plank	12-15	2-3	7-8 RPE	2:0:1:0

If you need help understanding any of the above terms, speak to a personal trainer or gym instructor.



1 CABLE SQUAT TO OVERHEAD PRESS AND TWIST



Facing the cable machine, set the handle at the lowest level. From a squat position drive and press while twisting your body. Repeat another set to the other side.

TRAINING TIP: Maintain the handle close to your body, with forearm close to your chest during the squat movement.

REPS 10-12
SETS 3-4
DURATION/TEMPO 4:0:1:0

2 CABLE LUNGE ROW



Face the cable machine, with the handle at just below chest level. Assume a lunge position. Hold the handle with the arm that is the opposite side to your front (bent) leg. Keep your arm straight as you lunge, then once upright, row with your arm, and at the same time bring your back leg up high.

TRAINING TIP: Keep your hips and shoulders square, especially while balancing in the row position.

REPS 10-12
SETS 3-4
DURATION/TEMPO 2:0:1:0

3 TRX SUPINE PLANK ON HANDS

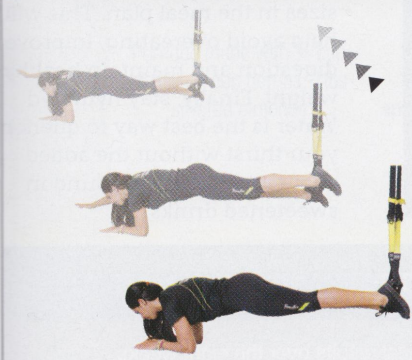


In a supine position with feet placed on TRX and hands parallel and facing towards the feet, drive your hips up to form a straight line with your body. Keep your arms straight throughout.

TRAINING TIP: Look up while maintaining a straight neck and spine.

SETS 3-4
DURATION/TEMPO BEGINNERS: HOLD FOR 20 SECONDS INTERMEDIATE: HOLD FOR 40 SECONDS ADVANCED: HOLD FOR 60 SECONDS

4 TRX SINGLE-LEG SUPERMAN



Facing down, place one foot in the TRX with your elbows flexed at 90 degrees to the floor. Straighten your knees in the air into a plank position. Raise your other leg (the one that isn't on the TRX) towards the ceiling, and simultaneously straighten out the opposite arm as you lift it off the floor.

TRAINING TIP: To stay in alignment keep your hips and shoulders square.

SETS 3-4
DURATION/TEMPO BEGINNERS: HOLD FOR 20 SECONDS INTERMEDIATE: HOLD FOR 40 SECONDS ADVANCED: HOLD FOR 60 SECONDS

5 SWISSBALL TURKISH TWIST



Lying on a Swissball (supine position) hold one dumbbell with both hands, keeping your elbows straight. Twist to one side until your shoulders are aligned. Then twist to the other side and keep repeating the movement while you shift your weight from one heel to the other.

TRAINING TIP: Keep your hips up through the entire set.

REPS 20 10 EACH SIDE
SETS 3-4
DURATION/TEMPO EXPLOSIVE

6 SINGLE-ARM KETTLEBELL PRESS ON FOAM ROLLER



Lying on a foam roller, in one hand hold a kettlebell up and ready for a chest press movement, while the other hand rests on your belly. Slowly start the movement flexing your elbow as much as you can or until it touches the floor. Press up into a chest press position while keeping your balance.

TRAINING TIP: Make sure your arm is the only thing that moves during the exercise.

REPS 12-15
SETS 3-4
DURATION/TEMPO 4:0:1:0

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