

EAST SUSSEX - COMMANDO KRAV MAGA

Stew Smith 1000 ABS Training Program

Here is a little workout I developed the other day with a client who thought he could not do 1000 abs in one session with me. We also got in 400 push-ups. This one is for 250-400 push-ups below. We could have done 1500 probably. IT is not really as hard as it looks, but you will get a great pump and feel it in your belly tomorrow. No rest on this one...

**Set #1) 100 crunches
25-40 push-ups (regular)
Set #2) 50 regular crunches
50 reverse crunches
25-40 push-ups**



**Set #3) 50 Left crunches
50 Right crunches
25-40 push-ups**



**Set #4) 100 L/R Crunches with bicycle of legs
25-40 push-ups**



**Set #5) 50 Double (Reg /Reverse mixed) at same time
25-40 push-ups**



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**Set #6) 100 Flutterkicks (or regular crunches for those with back problems)
25-40 push-ups**



**Set #7) 100 Leg levers (or 50 left crunches / 50 right crunches - back problems)
25-40 push-ups**



**Set #8) 100 morning darlings (scissors) (or 50 reg / 50 rev at same time)
25-40 push-ups**



**Set #9) 100 sit-ups in 2-3 minutes (or 50 left / 50 right crunches with bicycle of legs)
25-40 push-ups**

**Set #10) 100 abs of your choice
25-40 push-ups**

This one is for those who are just beginning:

Get creative with your fitness program! That is what it takes when you are traveling on business or on vacation. Recently, my family and I took a trip back home to Florida to see my parents and we decided to drive from Maryland. After driving about eight hours the first day, we stopped at a hotel that did not have a fitness room and the pool was closed for the season. I was tired but knew I would feel better if I did a few exercises. The benefits of exercising and stretching after sitting idle for hours are numerous and include the following:

Loosen up tight joints and muscles

Increased blood flow to extremities

Increased attention span

Better nights sleep

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This is the program I did for only twenty minutes right in the privacy of my very own hotel room. No equipment necessary! The super set is a series of exercises to be repeated with no rest. For the upper body superset, simply do five to ten push-ups then roll over and rest your push-up muscles by doing ten crunches and continue on with the two different versions of push-ups and crunches. One super set can be accomplished in as little as two minutes. If you repeat this particular workout five times you will have 150 push-ups and 200 crunches in a ten minute period.

5-10 Super sets

- 1) Push-ups 10
- 2) Crunches 10
- 3) Wide pushups 10
- 4) Reverse Crunches 10
- 5) Triceps pushups 10
- 6) Left/Right crunches 10/10

total time - 10-20 minutes

Listed above is a great chest, triceps, and abdominal workout. You can do the same for legs as well if you follow the super set below. Repeat the leg superset five to ten times as well depending on your fitness level.

- 1) Squats - 20
- 2) Crunches - 10
- 3) Lunges - 10/leg
- 4) Left/Right crunches - 10/10
- 5) Heel Raises - 20
- 6) Reverse crunch - 10

The leg workout super set is a little more challenging due to the fact that you stand up and lie down repeatedly. Some people have commented that the hardest part of this workout is the transition from one exercise to the other. As you can see, there is really no excuse why you cannot exercise any day of the week whether you are traveling, working long hours or staying at home with the kids. With minimal equipment and time sacrifice, we can all fit exercise in our lives and stay healthy for many years to come. Good luck. Make fitness as much a part of your day as taking a shower and brushing your teeth.

Workouts are taken from Stew's published books and e-books:
See <http://store.stewsmithptclub.com> or www.stewsmith.com for additional information.