



TROJAN®

MY SPACE MY TIME

The 15 minute **AB Annihilation**

Not all workouts have to be long, as the length of the workout does not always determine the results and effectiveness. It's more about the intensity and proper execution of each set and rep that makes every second and movement count.

With this week we are featuring the Sit Up 100 bench. Combine this bench with the Trojan 15 minute AB Annihilation workout to effectively and quickly train your abs in the comfort of your home. You will be able to feel results after each workout. This workout can be repeated as many times as you would like in a week and can be added to or mixed into any other program

and training routine you currently do. This program works great for the purpose of adding additional abdominal development and leanness.

The program has been set with 3 exercises consisting of 3 sets of each exercise with a repetition escalation on each set. As time goes by, this program will become easier and will eventually be completed in less than the 15 minutes. From there you should increase the reps done in each set and the number of sets.

Your 6 pack and lean mid section is now in reach.

DISCLAIMER:

- Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
- Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
- Use exercise in conjunction with a healthy eating plan.
- Only use the product for its intended purpose to prevent injury.

EXERCISE AND TRAINING TERMS:

- Duration:** In a gym program this will refer to the workout time of the entire program
- Intensity:** This will refer to the amount of weight used, and the amount of rest given between each set of an exercise
- Type:** Refers to the type of training, ie strength, resistance, cardio etc
- Repetitions:** A single cycle of lifting and lowering a weight
- Sets:** A number of reps performed together ended with a rest period is referred to as a set
- Tempo:** Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion
- % of max.** Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. If you were to press 100 kg for only one rep as your max, your training weight for 45% for max of 10 reps. Would be 45 kg pushed 10 times

EXERCISE PROGRAM:

1. 15 minutes, as many days as desired
2. Intensity: High

EQUIPMENT REQUIRED:

1. Sit Up 100 bench

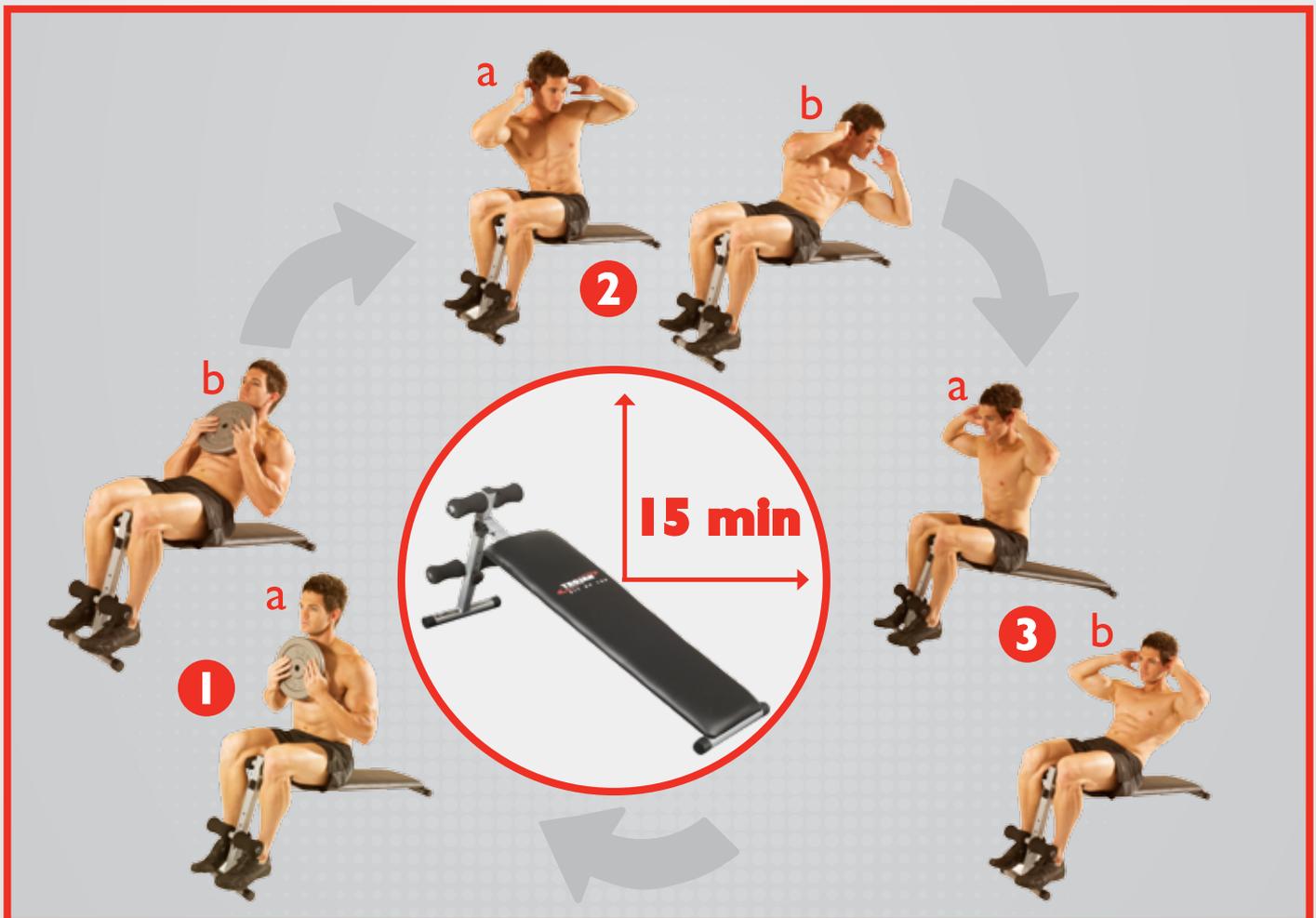


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The 15 minute **AB Annihilation**

Exercise	Muscle group	Reps	Sets	Intensity	Notes and exercise execution
1. Weighted sit ups	Lower abs focus	15	3	High	Do 1 set of each exercise, 15 reps one after the other with no rest between any of the 3 exercises. Then rest for one minute. Then repeat but on the second set do 20 reps of each exercise, rest again for a minute then do the last sets with 25 reps of each exercise.
2. Twisted sit ups	Middle and upper abs	15-25	3	High	
3. Bench sit ups	Abs and legs	15-25	3	High	



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