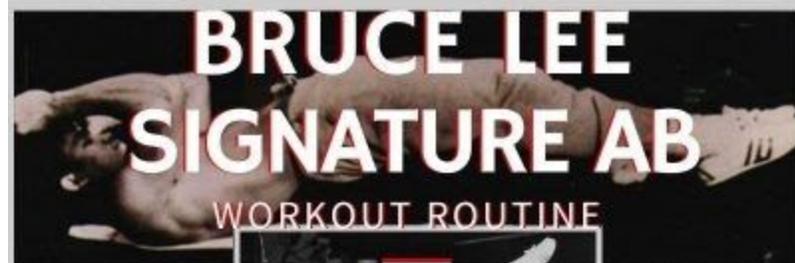


BRUCE LEE AB WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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BRUCE LEE AB WORKOUT ROUTINE

Training Volume:

2-3 days per week

Explanation:

We're going to be directly hitting our abs 2-3 times a week. As I mention in *The Secret To Six Pack Abs and A Flat Stomach*, abs are not only made by low body-fat but you can also strengthen your core a great deal with calisthenics and weight training that aren't directly targeting your core. For that reason the direct ab workout below is a great tool for our 2-3 days. This can be done by simply adding it into your current regime; regardless of whether that is calisthenics based, weight training, or even some type of endurance training.

Bruce Lee Ab Workout: Sample Schedule

Monday: Add in Ab Training A

Tuesday: No Direct Ab Training

Wednesday: Add in Ab Training B

Thursday: No Direct Ab Training

Friday: Add in Ab Training C or Work on Hold Work

Saturday: No Direct Ab Training

Sunday: No Direct Ab Training

Bruce Lee Ab Workout: Dragon Flag Tutorial

Before we get into our three ab workouts that you'll be punching in to train like Bruce Lee I want to start with a Dragon Flag tutorial.

As you know this is an advanced lift, so it might take some work, but here's how you're going to complete it:

Step-by-Step Dragon Flag Instructions:

1. Lock your arms in a fixed overhead position, holding your bench or even bars if you have them attached to the bench like we've seen from Bruce Lee's pictures. If you don't have a bench you can use a other objects just make sure you have something to grab onto for leveraging your bodyweight up for the next portion of the movement.
2. Tighten your core and press your legs up as if you are performing a reverse crunch, but keep your body tight and straight from your shoulders to your feet, and avoid bending the hips or legs. I recommend pointing your toes to help maintain proper body alignment.
3. Once you are completely lifted in the air with your legs up high you can pause and then slowly lower your legs [in a controlled manner] without letting any part of your body touch the bench other than the upper back and shoulder.
4. Lower your body down until just before touching the bench.
5. Repeat for designated reps, then rest for the next set.

If you can't yet do it, don't worry, we're going to get you there with this next workout!

Bruce Lee Ab Workout: Ab Training A

Direct Ab Work and Core Strengthening:

Sit Ups:

4x25

Lying Leg Raises with Hip Thrust:

4x25

Holds and Core Stability:

Hollow Holds:

4x30 Seconds

Side Plank:

4x30 Seconds Each Side

Bruce Lee Ab Workout: Ab Training B

Direct Ab Work and Core Strengthening:

V-Ups

4x30

Hanging Knee Raises (or Leg Raises if possible):

4x15-20

Oblique Twists or Russian Twists

4×30

Holds and Core Stability:

Forearm Plank

4×60 Seconds

Bruce Lee Ab Workout: Ab Training B

Direct Ab Work and Core Strengthening:

Sit Ups w/ Twist

4×20 (10 each side; add weight if possible)

Hanging Knee Raises w/ Twist

4×10 each side

Oblique Weighted Side Bends:

4×15 each side

Holds and Core Stability:

L-Sit Hold

4×30 Seconds