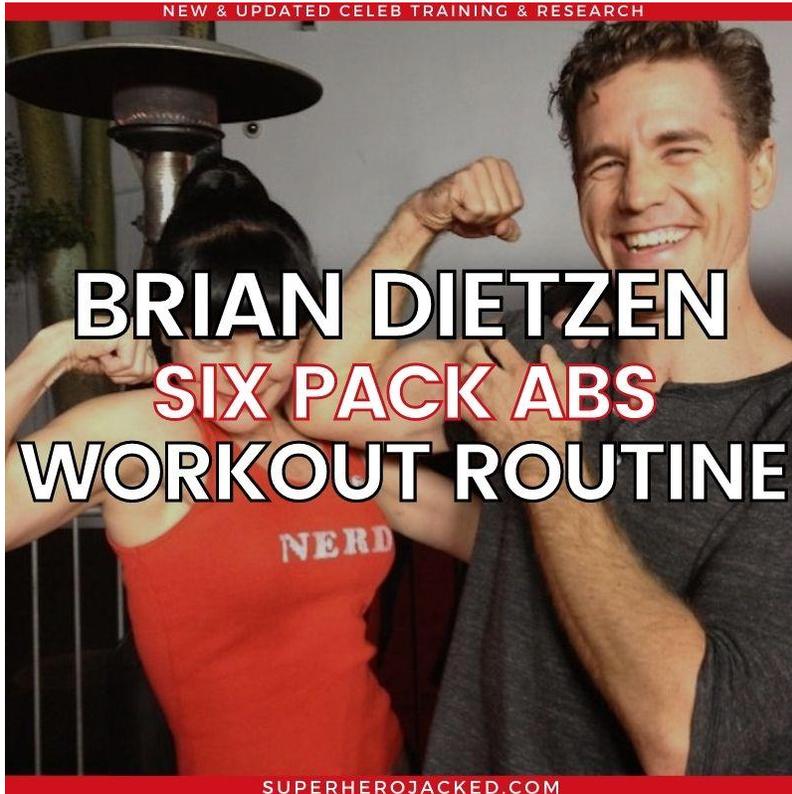


BRIAN DIETZEN AB WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



BRIAN DIETZEN SIX PACK ABS WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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BRIAN DIETZEN AB WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

Upgrade This Workout:

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

Brian Dietzen Workout

This workout is shared by CBS Watch Magazine and Dietzen.

Brian Dietzen Ab Workout:

Dead Bugs

3 sets of 30 two second reps for a total of 60 seconds

Crunchy Frogs

3 sets of 25 reps

Oblique Crunches

3 sets of 20 reps each side

Side Plank

3 sets of 30-45 seconds each side

Chin Ups

3 sets of 10 reps

Core Twists (Russian Twists)

3 sets of 50 reps

Cooldown Stretch

Dietzen recommends stretching for 10 minutes before and after the workout.