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FIGHTER ABS

GET ABS LIKE A FIGHTER



*6 Week Done
For You
Workout Plan*

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6 Week Done For You Workout Plan

Disclaimer

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6 Week Done For You Workout Plan

Welcome

Within this program you are going to discover proven methods to effectively get the best set of abs you have probably ever had. I am excited to be sharing this information with you and to help you in your road of getting amazing results.

Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at contact@andrewraposo.com
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

For Example:

Monday – Workout
Tuesday – Rest
Wednesday – Workout
Thursday – Rest
Friday – Workout
Saturday – Rest
Sunday – Rest

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- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching.

How To Incorporate These Workouts Into An Existing Program

There are many ways you can put these workouts into your program. You can use the Fighter Ab Finsher Workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at contact@andrewraposo.com Make sure you provide your workout schedule in detail so I can give you the best results.

To your success,

-Andrew Raposo, CPT

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P.S. If you would like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on some of my other sites to keep yourself updated.

www.AndrewRaposo.com

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Warm Up/Mobility Drills

Go through one of these routines once before starting any workout. Demonstrations are provided in the videos.

Warm Up #1

A1 – Quadruped T-Spine Rotation – 10 Reps Each Side

A2 – Hip Circles – 10 Reps Each Side

A3 – Worlds Greatest Stretch – 10 Reps Each Side

Warm Up #2

A1 – Wall Angels – 10 Reps

A2 – Forward Leg Swings – 10 Reps Each Side

A3 – Lateral Leg Swings – 10 Reps Each Side

A4 – Knee Hug + Lunge + T-Spine Rotation – 5 Reps Each Side

Alternate between each warm up for every workout. Go through the exercises once.

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PHASE 1: Week 1

Day 1

Workout #1 – The Bodyweight Introduction

A1 – Prisoner Squats – 30 sec

A2 – Jumping Jack Burpees – 30 sec

A3 – Plank with Forward Touch – 30 sec

A4 – Mountain Climbers – 30 sec

A5 – Push Ups – 30 sec

Rest 1 min

Repeat this circuit for a total of 3 times. Rest as needed during the work intervals.

Count the amount of reps performed in each exercise for every round. At the end of Phase 1, you're going to compare the number of reps performed.

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PHASE 1: Week 1

Day 2

Workout #2 – The 4-Minute Fighter Circuit

Each exercise is performed with a 20 second work interval and 10 second rest.

A1 – 1-2 Punch Sprawl - 20/10 x4 Rounds

B1 – High Knees Punch Outs – 20/10 x4 Rounds

After this circuit is completed move on to the following circuit.

Fighter Ab Finisher #1 – Fighter Fit Abs

A1 – Modified Dead Bug – 10 Reps per Side

A2 – Single Leg Hip Lift – 10 Reps per Side

A3 – Box Plank – 10 Reps per Side

A4 – Hardstyle Plank – 10 Sec Hold x2

Rest 30 sec – 1 min

Repeat this circuit for a total of 2 Rounds.

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PHASE 1: Week 1

Day 3

Workout #3 – 20 Seconds of Madness

A1 – Jumping Jacks – 20 sec

A2 – Split Squats – 20 sec

A3 – Half Burpees – 20 sec

A4 – Plank to Push Up Position – 20 sec

A5 – Side Plank – 20 sec

Rest 1 min

Repeat this circuit for a total of 4 Rounds. Rest as needed during the work intervals.

Note: During the Split Squats and Side Planks, you will switch each side, every round.

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PHASE 1: Week 2

Day 4

Workout #4 – The Fighter Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – Burpees – 10 Reps...1 Rep

A2 – Saw Plank – 10 Reps...1 Rep

Rest as needed during this circuit.

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PHASE 1: Week 2

Day 5

Workout #5 – The Fighter Climb

- A1 – Side-to-Side Hop – 30 Sec
 - A2 – Alternating Reverse Lunges – 30 Sec
 - A3 – Walk Out Push Ups – 30 Sec
 - A4 – Mountain Climbers – 30 Sec
- Rest 1 min

Repeat for a total of 3 rounds. Rest as needed during the intervals.

Fighter Ab Finisher #2 – Plank Attack

- A1– Plank with Side Touch – 10 Reps per Side
 - A2 – Saw Plank – 10 Reps
 - A3 – Plank with Leg Lift – 10 Reps per Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds.

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PHASE 1: Week 2

Day 6

Workout #1 – The Bodyweight Introduction

A1 – Prisoner Squats – 30 sec

A2 – Jumping Jack Burpees – 30 sec

A3 – Plank with Forward Touch – 30 sec

A4 – Mountain Climbers – 30 sec

A5 – Push Ups – 30 sec

Rest 1 min

Repeat this circuit for a total of 3 times. Rest as needed during the work intervals.

Count how many reps performed in each exercise for every round. **Compare the results with your first day and email me your results.** contact@andrewraposo.com

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PHASE 2: Week 1

Day 1

Workout #8 – The 300 Rep Fighter Challenge

- A1 – Jumping Jacks – 25 Reps
- A2 – Prisoner Squats – 25 Reps
- A3 – 1-2 Punch Sprawl – 25 Reps
- A4 – Push Ups – 25 Reps
- A5 – Glute Bridges – 25 Reps
- A6 – Plank to Push Up Position – 25 Reps
- A7 – Saw Plank – 25 Reps
- A8 – Burpees – 25 Reps
- A9 – 1-2 Punch Outs – 25 Reps
- A10 – Sumo Squats – 25 Reps
- A11 – Mountain Climbers – 25 Reps
- A12 – Half Burpees – 25 Reps

Complete the circuit once. Make sure to rest as needed between exercises.

Record the time completed. At the end of Phase 2, you're going to compare the times.

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PHASE 2: Week 1

Day 2

Fighter Ab Finisher #3 – Primal Ab Blast

Box Plank with Arm Pit Touch – 10 Reps per side

Forward Crawl – 5 Steps per side

Backward Crawl – 5 Steps per side

Mountain Climbers – 20 Reps per side

Hardstyle Plank – 10 sec x2

Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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PHASE 2: Week 1

Day 3

Workout #6 – Cardio and Ab Blast

A1 – Run in Place High Knees – 20 sec

A2 – Run in Place Kick Backs – 20 sec

A3 – Jumping Jacks – 20 sec

A4 – Cross Body Mountain Climbers – 20 sec

A5 – Plank to Push Up Position – 20 sec

A6 – Push Ups – 20 sec

Rest 1 min

Repeat for a total of 3 rounds. Rest as needed during the intervals.

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PHASE 2: Week 2

Day 4

Workout #7 – Full Body Strength Training

A1 – Bulgarians Split Squats – 12 Reps per side

A2 – Single Leg RDL's (Romanian Deadlifts) – 12 Reps per side

Repeat for a total of 3 sets.

B1 – T-Push Ups – 12 Reps per side

B2 – Bent Over T's – 12 Reps

Repeat for a total of 3 sets.

C1 – Cross Body Mountain Climbers – 12 Reps per side

C2 – Box Plank – 12 Reps per side

Repeat for a total of 3 sets.

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PHASE 2: Week 2

Day 5

Workout #9 – The Magic Number 10

A1 – Jump Squats – 10 Reps

A2 – Dive Bomber Push Ups – 10 Reps

A3 – Plank with Knee to Elbow – 10 Reps per side

A4 – Half Burpees – 10 Reps

Rest 1 min

Repeat this circuit for a total of 5 rounds. Rest as needed between exercises.

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PHASE 2: Week 2

Day 6

Workout #8 – The 300 Rep Fighter Challenge

- A1 – Jumping Jacks – 25 Reps
- A2 – Prisoner Squats – 25 Reps
- A3 – 1-2 Punch Sprawl – 25 Reps
- A4 – Push Ups – 25 Reps
- A5 – Glute Bridges – 25 Reps
- A6 – Plank to Push Up Position – 25 Reps
- A7 – Saw Plank – 25 Reps
- A8 – Burpees – 25 Reps
- A9 – 1-2 Punch Outs – 25 Reps
- A10 – Sumo Squats – 25 Reps
- A11 – Mountain Climbers – 25 Reps
- A12 – Half Burpees – 25 Reps

Complete the circuit once. Make sure to rest as needed between exercises.

Record the time completed. Compare your times with your first attempt at this workout and email me your results.

contact@andrewraposo.com

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PHASE 3: Week 1

Day 1

Workout #10 – The 8-Minute Fighter Circuit

Each exercise is performed with a 20 second work interval and 10 second rest.

- A1 – Jumping Lunges – 20/10 x4 Rounds
- B1 – 4 Punch Sprawl – 20/10 x4 Rounds
- C1 – Run in place High Knees – 20/10 x4 Rounds
- D1 – Close Grip Push Ups – 20/10 x4 Rounds

After this circuit is completed move on to the following circuit.

Fighter Ab Finisher #4 – The Total Core Destroyer

- A1 – Long Plank with Armpit Touch – 10 Reps per side
- A2 – Plank Side Touches – 10 Reps per side
- A3 – Dying Bug – 10 Reps per side
- A4 – Side Plank Leg Raises – 10 Reps per side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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PHASE 3: Week 1

Day 2

Workout #11 – The Fight Pit

A1 – Single Leg Burpees – 10 Reps per side

A2 – Kick Ups – 10 Reps per side

A3 – Tuck Jumps – 10 Reps

A4 – Explosive Push Ups – 10 Reps

A5 – Single Leg Saw Plank – 10 Reps per side

Rest 1 min

Repeat this circuit for a total of 4 rounds. Rest as needed between exercises.

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PHASE 3: Week 1

Day 3

Workout #12 – The 3 Minute Fight

A1 – One and A-Half Burpees – 30 Sec

A2 – Plank Arm Raises – 30 Sec

A3 – 1-2 Punch Sprawl – 30 Sec

A4 – Alternating Push Kicks – 30 Sec

A5 – Kneeling to Squat – 30 Sec

A6 – Mountain Climbers – 30 Sec

Rest 1 min

Repeat this circuit for a total of 3 rounds. Rest as needed during the circuit.

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PHASE 3: Week 2

Day 4

Workout #13 – The Lucky 13

A1 – T-Push Up – 13 Reps per side

A2 – Plank Knees to Elbows – 13 Reps per side

A3 – Jump Squats – 13 Reps per side

A4 – Forward Lunge into Reverse Lunge – 13 Reps per side

A5 – Box Plank Progression 1 – 13 Reps per side

Rest 1 min

Repeat this circuit for a total of 4 rounds. Rest as needed during the circuit.

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PHASE 3: Week 2

Day 5

Workout #14 – Fighting 101

- A1 – 1-2 Punch Kick Combo – 30 Sec
- A2 – Bob and Weaves – 30 Sec
- A3 – Uppercuts – 30 Sec
- A4 – Alternating Push Kicks – 30 Sec
- A5 – High Knees Punch Outs – 30 Sec
- 1 min Rest

Repeat this circuit for a total of 3 rounds. Rest as needed during the circuit.

Fighter Ab Finisher #5 – Hardstyle Abs

- A1 – Hardstyle Side Plank – 10 Sec x2 per side
- A2 – Hardstyle Plank – 10 Sec x2
- Rest 30 Sec

Repeat these two exercises for a total of 5 rounds.

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PHASE 3: Week 2

Day 6

Workout #15 – The AMRAP

A1 – 5 Burpees

A2 – 10 Push Ups

A3 – 15 Squats

Repeat this circuit for as many rounds as possible in 10 minutes.

Rest as needed during the workout.