



4-MINUTE WORKOUT PLAN

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4-Minute Workout Plan

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4-Minute 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 in the shortest amount of time possible. 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.
- **Since these workouts are very short, try to perform them 4-5x/week for optimal results. If you are more advanced, you can perform one 4-minute workout in the morning and one in the afternoon. Or you can even perform 2 rounds of a workout.**
- 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.

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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 ab specific 4-minute workouts 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.

To your success,

-Andrew Raposo, CPT

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.

www.AndrewRaposo.com

[Youtube](#)

[Facebook](#)

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www.FighterAbs.com

4-Minute Workout Plan

Workout #1 – The 20/10 Fighter Climb

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

A1 – Burpees – 20/10 x2 Rounds

B1 – Mountain Climbers – 20/10 x2 Rounds

C1 – Burpees – 20/10 x2 Rounds

D1 – Mountain Climbers – 20/10 x2 Rounds

Workout #2 – The 4-Minute Fighter AMRAP

A1 – 1-2 Punch Sprawl – 5 Reps

A2 – Jump Squats – 5 Reps

A3 – Push Ups – 5 Reps

A4 – Plank Side Touches – 5 Reps Each Side

Repeat this circuit for as many rounds as possible in 4 minutes.

Rest as needed during the workout.

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Workout #3 – The 4-Exercise Punisher

A1 – Burpees – 1 Min

A2 – Jumping Lunges – 1 Min

A3 – Plank To Push Up Position – 1 Min

A4 – Mountain Climbers – 1 Min

Perform as many reps as possible in the given time frame of each exercise.

Rest as needed during the workout.

Workout #4 – High Intense Conditioning

A1 – High Knees Punch Outs – 30 Sec

A2 – Half Burpees – 30 Sec

A3 – Close Grip Push Ups – 30 Sec

A4 – Plank Forward Touches – 30 Sec

A5 – High Knees Punch Outs – 30 Sec

A6 – Half Burpees – 30 Sec

A7 – Close Grip Push Ups – 30 Sec

A8 – Plank Forward Touches – 30 Sec

Perform as many reps as possible in the given time frame of each exercise.

Rest as needed during the workout.

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Workout #5 – 4-Minute Abs

A1 – Long Plank Walkouts – 5 Reps

A2 – Long Plank Armpit Touches – 5 Reps Each Side

A3 – Saw Plank – 10 Reps

Repeat this circuit for as many rounds as possible in 4 minutes.

Rest as needed during the workout.

Workout #6 – The 20/10 Ab Blast

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

A1 – Plank with Knee to Elbow – 20/10 x2 Rounds

B1 – Cross Body Mountain Climbers – 20/10 x2 Rounds

C1 – Modified Dead Bug – 20/10 x2 Rounds

D1 – Box Plank – 20/10 x2 Rounds

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Workout #7 – Explosive Fighter Conditioning

A1 – Tuck Jumps – 5 Reps

A2 – Explosive Push Ups – 5 Reps

A3 – 1-2 Punch Sprawl – 5 Reps

Repeat this circuit for as many rounds as possible in 4 minutes.

Rest as needed during the workout.

Workout #8 – 20/10 Full Body Conditioning

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

A1 – Jump Squats – 20/10 x2 Rounds

B1 – T-Push Up – 20/10 x2 Rounds

C1 – Box Plank – 20/10 x2 Rounds

D1 – Burpees – 20/10 x2 Rounds

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Workout #9 – The 4-Minute Countdown

A1 – Jumping Jack Burpees – 10 Reps

A2 – Close Grip Push Ups – 7 Reps

A3 – Jumping Lunges – 5 Reps Each Side

A4 – Long Plank Armpit Touches – 3 Reps Each Side

Repeat this circuit for as many rounds as possible in 4 minutes.

Rest as needed during the workout.

Workout #10 – The Triple Threat

A1 – High Knees Punch Outs – 20 Sec

A2 – Jump Squats – 20 Sec

A3 – Plank To Push Up Position – 20 Sec

Repeat this circuit for a total of 4 Rounds

Perform as many reps as possible in the given time frame of each exercise.

Rest as needed during the workout.