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# SUSPENSION WORKOUT PROGRAM

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## **Suspension Workout Program**

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# Suspension Workout Program

## Welcome

Within this program you are going to discover proven Suspension workouts that you have never seen before. You are going to get results FAST, as long as you are consistent with your training. I'm WARNING you though! These workouts are very challenging. Make sure to rest when you need it and feel free to substitute any exercise that you cannot perform. It's not worth injuring yourself.

### 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](mailto: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 that I present in my "Get Mobility Like A Fighter" videos 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

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Saturday – Rest

Sunday – Rest

- 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 Suspension workouts to replace a full body-conditioning day or add in the “ab focused” Suspension 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](mailto: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

## **Suspension Workout Program**

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](http://www.AndrewRaposo.com)

[Youtube](#)

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## Suspension Workout Program

### **Workout #1 – Suspension Ab Blast**

A1 – Suspension Atomic Push Ups – 10 Reps

A2 – Suspension Mountain Climbers – 20 Each Side

A3 – Suspension Plank – 10 Sec

Rest 30 Sec

Repeat this circuit for a total of 5 Rounds.

### **Workout #2 – Suspension Full Body Blast**

A1 – Suspension Push Ups – 10 Reps

A2 – Suspension Rows – 10 Reps

A3 – Suspension Fallouts – 10 Reps

Rest as needed.

Repeat this circuit for a total of 3 Rounds.

B1 – Suspension Bulgarian Split Squats – 10 Reps Each Side

B2 – Suspension Single Leg Burpees – 10 Repes Each Side

Rest as needed.

Repeat this circuit for a total of 3 Rounds,

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### **Workout #3 – Suspension Ab Burnout**

A1 – Suspension One Arm Rows w/ Rotation – 10 Reps  
Each Side

A2 – Suspension Oblique Twist – 10 Reps Each Side

A3 – Suspension Single Leg Tuck In – 10 Reps Each Side  
Rest 30 Sec

Repeat this circuit for a total of 4 Rounds.

### **Workout #4 – Suspension Ripped**

A1 – Suspension Pistols – 10 Reps Each Side

A2 – Suspension Reverse Flies – 10 Reps

A3 – Suspension Chest Flies – 10 Reps

A4 – Suspension Fallouts – 10 Reps

Rest 30 Sec

Repeat this circuit for a total of 4 Rounds.

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### **Workout #5 – Suspension Core Punisher**

A1 – Suspension Pendulum– 30 Sec

A2 – Suspension Pike – 30 Sec

A3 – Suspension Mountain Climbers – 30 Sec

A4 – Suspension Plank – 30 Sec

Rest 1 Min

Repeat this circuit for a total of 4 Rounds. **Rest as needed during the exercises.**

### **Workout #6 – Suspension Fighter Abs 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 – Suspension Atomic Push Ups – 10 Reps... 1 Rep

A2 – Suspension Saw Plank – 10 Reps... 1 Rep

A3 – Suspension Mountain Climbers – 10 Reps Each Side... 1 Rep Each Side

Rest as needed during the workout.



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# Workout #7 – Suspension Fighter Conditioning

A1 – Suspension Arrow Push Ups– 5 Reps Each Side

A2 – Suspension Face Pulls – 10 Reps

A3 – Suspension Skater Squats – 10 Reps Each Side

Rest as needed.

Repeat this circuit for a total of 3 Rounds.

B1 – Suspension Saw Plank To Pike – 10 Reps

B2 – Suspension Plank To Push Up Position – 10 Reps

Rest as needed.

Repeat this circuit for a total of 3 Rounds.

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### **Workout #8 – 300 Reps Of Suspension Madness**

- A1 – Suspension Rows – 25 Reps
- A2 – Suspension Push Ups – 25 Reps
- A3 – Suspension Fallouts – 25 Reps
- A4 – Suspension Pistols (Right Leg) – 25 Reps
- A5 – Suspension Pistols (Left Leg) – 25 Reps
- A6 – Suspension Pike – 25 Reps
- A7 – Suspension Mountain Climbers – 25 Reps Each Side
- A8 – Suspension Atomic Push Ups – 25 Reps
- A9 – Suspension Plank To Push Up Position – 25 Reps
- A10 – Suspension Reverse Flies – 25 Reps
- A11 – Suspension Chest Flies – 25 Reps
- A12 – Suspension Jump Squats – 25 Reps

Rest as needed during the workout.

### **Workout #9 – Suspension Explosive Conditioning**

- A1 – Suspension Jump Squats – 15 Reps
  - A2 – Suspension Single Leg Burpees – 10 Reps Each Side
  - A3 – Suspension Single Leg Tuck In – 10 Reps Each Side
  - A4 – Suspension Oblique Twist – 10 Reps Each
- Rest 1 Min

Repeat this circuit for a total of 5 Rounds.

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### **Workout #10 – Suspension AMRAP**

A1 – Suspension Jump Squats – 5 Reps

A2 – Suspension Push Ups – 5 Reps

A3 – Suspension Rows – 5 Reps

A4 – Suspension Fallouts – 5 Reps

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

Rest as needed during the workout.