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FIGHTER ABS

GET ABS LIKE A FIGHTER



The Complete Fighter Abs Manual

ANDREW RAPOSO, CPT

The Complete Fighter Abs Manual

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Disclaimer

The information provided in this workout program is for educational purposes only. The author is not a doctor and this information shouldn't be taken as medical advice. You should get a physicians approval before attempting any of the information in this program. This program is designed for healthy adults of 18 years and older. If you have any existing injuries, conditions or health issues, please seek your physician's approval before attempting any type of information in this program. The author is not liable or responsible for any damages, resulting from the use of this program. The user acknowledges any risk of injury, caused or alleged, with the use of this information. If your physician advises to not use the information provided in the program, please abide by those orders.

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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.
- When choosing which day you are going to perform an exercise, 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.AndrewRaposos.com

[Youtube](#)

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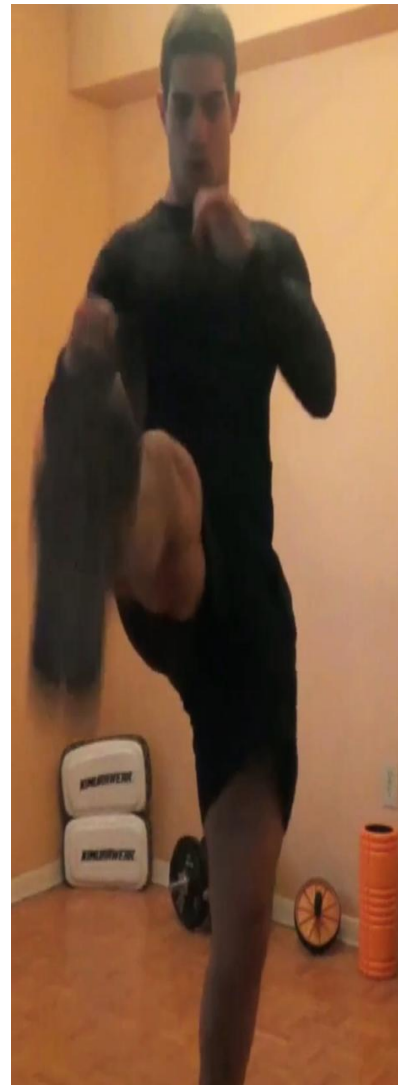
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1-2 Punch Kick Combo

- Get into your fighting stance: If you're right handed, put your left leg forward. If you're left handed, put your right leg forward.
- Throw your lead hand jab and your rear hand cross.
- Push kick after the two punches.
- Repeat and alternate legs with the push kicks after every combo.



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1-2 Punch Outs

- Get into your fighting stance: If you're right handed, put your left leg forward. If you're left handed, put your right leg forward.
- Throw your lead hand jab.
- Throw your rear hand cross.
- Repeat continuously.
- Throw these punches with attention!



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1-2 Punch Sprawl

- Get into your fighting stance: If you're right handed, put your left leg forward. If you're left handed, put your right leg forward.
- Throw your lead hand jab.
- Throw your rear hand cross.
- Throw these punches with attention!
- Sprawl down and get hips to the ground.
- Come back into a standing position in your fighting stance and repeat.



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4 Punch Sprawl

- Get into your fighting stance: If you're right handed, put your left leg forward. If you're left handed, put your right leg forward.
- Throw your lead hand jab and rear hand cross twice.
- Make these punches fast and explosive.
- Sprawl down and get hips to the ground.
- Come back into a standing position in your fighting stance and repeat.



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Alternating Push Kicks

- Starting in a squared stance. Feet shoulder width apart.
- Push kick with the right leg.
- As the right leg comes down, push kick with the left leg.
- Throw these kicks with attention!
- Keep alternating for prescribed time/reps.



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Alternating Reverse Lunges

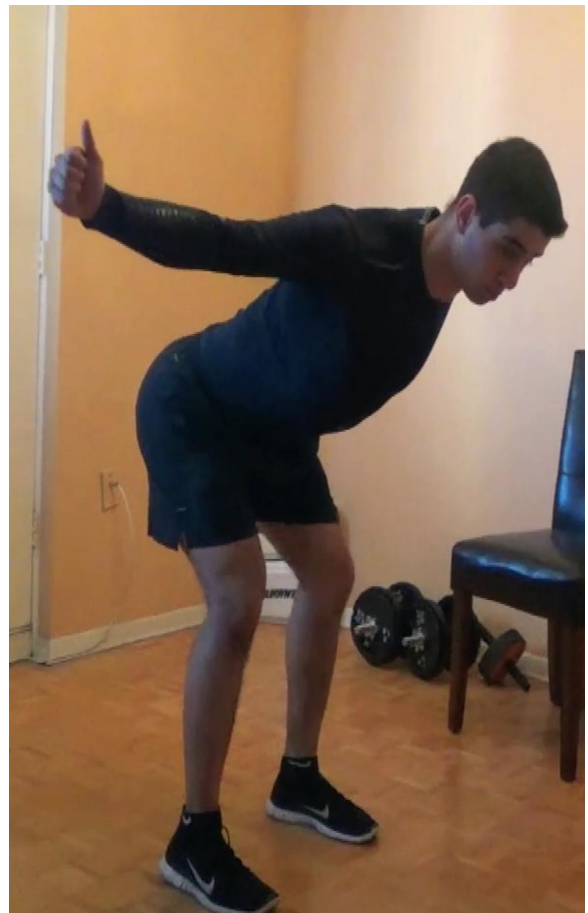
- Starting in a standing position. Feet shoulder width apart.
- Bring one leg back and lower your knee barely off the ground.
- Keeping your body straight and abs braced.
- Drive through the heel of the forward leg into the starting position
- Repeat with the opposite leg.



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Bent Over T's

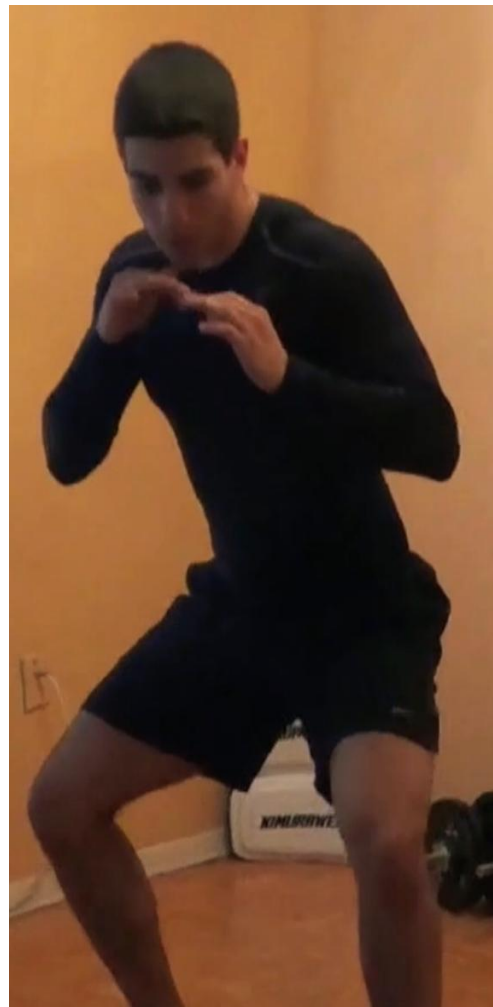
- Start with feet shoulder width apart and into a bent over position.
- Make sure you use your hips to bring your butt back and not bending with your low back.
- With your arms straight and thumbs out, raise your arms to the sides and squeeze your shoulder blades together.
- Bring your arms back to the starting position and repeat.



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Bob And Weaves

- Get into your fighting stance: If you're right handed, put your left leg forward. If you're left handed, put your right leg forward.
- Get into a semi squat position and weave from left to right continuously.
- Picture yourself ducking and weaving someone's punches.
- Keep your hands up and make sure not to bend with your low back.



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Box Plank

- Start in a quadruped position. Knees underneath the hips and hands underneath the shoulders.
- Brace your abs and get your knees off the ground.
- Keep the abs braced and without moving the hips, get one hand off the ground.
- Repeat with the other hand.



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Box Plank Progression 1

- Start in a quadruped position. Knees underneath the hips and hands underneath the shoulders.
- Brace your abs and get your knees off the ground.
- Keep the abs braced and without moving the hips, get one hand and the opposite foot off the ground.
- Repeat with the opposite hand and foot.



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Bulgarian Split Squats

- Start with your rear foot elevated on to a chair, bench or box.
- Take a step forward to get into position.
- Get your rear knee barely off the ground, keeping your torso straight.
- Drive through the heel of the front leg into the starting position.
- Repeat for prescribed reps/time.



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Burpees

- Start in a standing position with feet shoulder width apart.
- Perform a vertical jump.
- Sprawl down and get into a push up position.
- Perform a push up.
- Bring your feet in and perform another vertical jump.
- Repeat for prescribed reps/time.



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Close Grip Push Ups

- Start in a push up position with your hands underneath your shoulders.
- Lower your chest towards the ground, keeping your elbows by your ribs
- Push away from the ground into the starting position.
- Make sure to keep your abs tight and maintain a straight line from your head to toes throughout the movement.



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Cross Body Mountain Climbers

- Start in a push up position with hands underneath your shoulders.
- Keeping your abs tight, bring one knee to the opposite elbow.
- Repeat with the other side.
- Make sure there is a straight line between your feet and head without hiking up the hips.



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Dive Bomber Push Ups

- Start with your butt in the air, feet spread wide, and arms extended.
- Lower your chest to the floor while bending your elbows.
- Come down in a semi circle fashion like you are sliding underneath a bar.
- Come up by driving your head towards the ceiling.
- Return to the starting position.



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Dying Bug

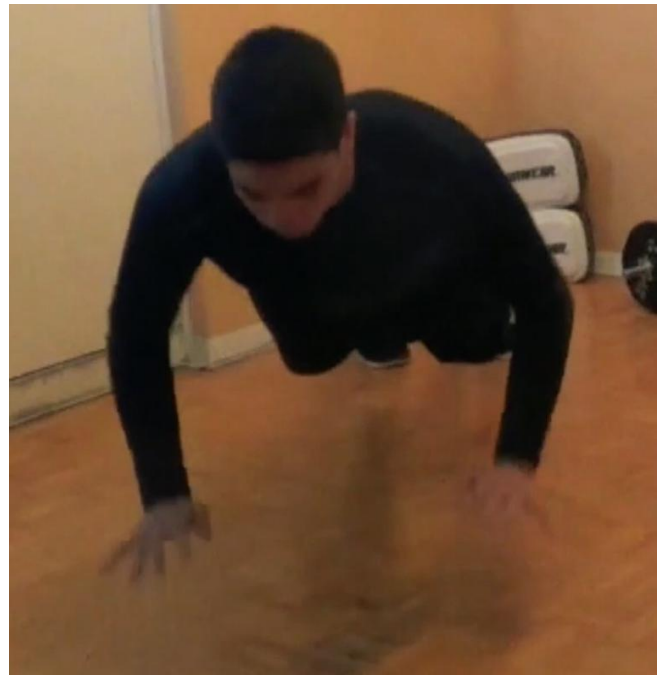
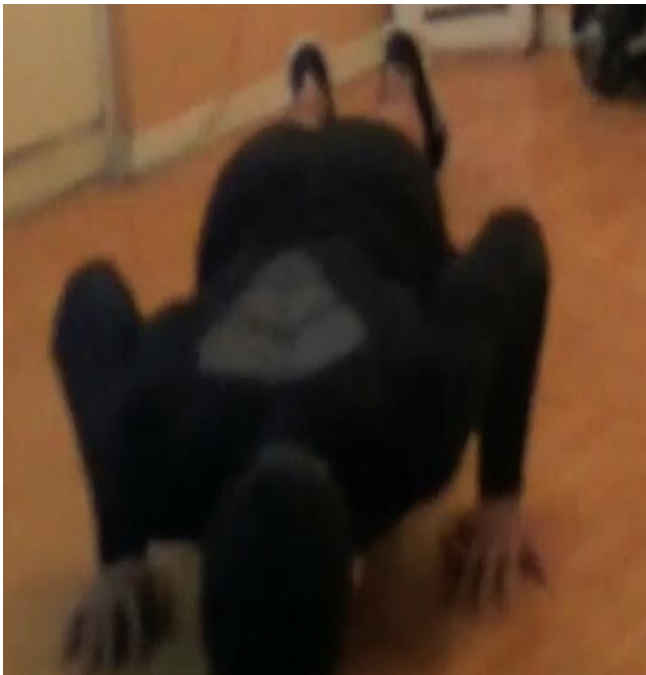
- Start by lying on your back with your hips and knees bent at a 90-degree angle.
- Press your low back into the floor by squeezing your abdominals.
- Slowly lower one foot to the ground and raise it back to the starting position.
- Repeat with the other leg.
- Make sure your low back is in constant contact with the floor and the abdominals are always tight.



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Explosive Push Ups

- Start in a push up position with your hands underneath the shoulders.
- Lower your chest towards the ground, keeping your elbows at a 45-degree angle.
- Vigorously push away from the floor, bringing your hands off the ground.
- Repeat the movement.
- If the exercise is too difficult, feel free to perform the movement on your knees.



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Forward Crawl/Backward Crawl

- Start in a quadruped position with the knees off the ground.
- Keeping your abs tight, take one step forward with your foot and opposite hand at the same time.
- Repeat the opposite side.
- Make sure to avoid the hips coming up too high and swaying side to side.
- Repeat the movement going backwards.



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Forward Leg Swings

- Start in a standing position with one hand against the wall and feet together.
- Swing the foot that is away from the wall backwards.
- Using momentum, swing the leg forward.
- Repeat for prescribe reps/time.
- Turn around and perform the same movement with the other leg.
- Make sure to keep the torso straight.



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Forward Lunge Into Reverse Lunge

- Start in a standing position.
- Take a long step forward and lower the rear knee barely off the ground.
- Drive through the heel of the forward leg into the starting position.
- Bring the same leg back and lower your knee barely off the ground.
- Drive through the heel of the forward leg into the starting position.
- Repeat for prescribe reps/time.
- Perform the movement with the other leg.



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Glute Bridges

- Start by lying on your back. Hands on the floor. Legs bent and feet on the floor.
- Drive through your heels and bring your hips up.
- Squeeze your glutes at the top.
- Bring your hips back down and repeat the movement.



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Half Burpees

- Start in push up position. Hands underneath your shoulders.
- Hop your feet in and get your knees to your elbows.
- Hop your feet back into the starting position.
- Repeat for prescribed reps/time.



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Hardstyle Plank

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Squeeze your abs, glutes, quads, and fists as hard as you can.
- Drive your elbows to your toes as hard as you can.
- Hold this tension for the prescribed amount of time.



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Hardstyle Side Plank

- Start on your side, on one elbow and knees.
- Bring your hips off the ground and make sure there is a straight line between your head and knees.
- Squeeze your abs and glutes as hard as you can.
- Drive your elbow to your knees as hard as you can.
- Hold this tension for the prescribed amount of time.



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High Knees Punch Outs

- Start by running on the spot, getting your knees high.
- Throw straight punches while running on the spot.
- The hand that you punch with will match the opposite knee that comes up.
- Repeat for prescribed time/reps.



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Hip Circles

- Start in a quadruped position. Knees underneath your hips and hands underneath your shoulders.
- Extend one leg back and make circles with that leg by bring your knee in and kicking it back out.
- Repeat this movement for the prescribed amount of reps/time.
- After the prescribed reps/time is reached, repeat the movement with the same leg in the other direction.
- Repeat this cycle with the other leg.



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Jump Squats

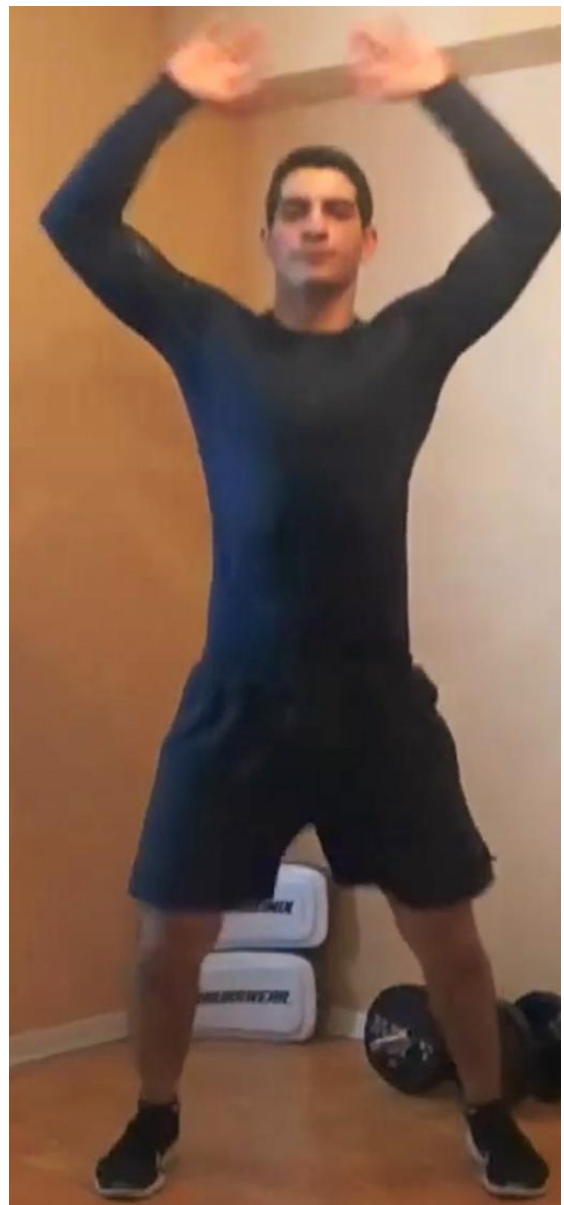
- Start in a standing position. Feet slightly wider than shoulder width.
- Squat down by bending at your hips and knees until your thighs are at least parallel with the ground.
- Make sure to keep your chest up and knees out.
- From that position, jump right into the air.
- Repeat the movement continuously for the prescribed reps/time.



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Jumping Jacks

- Start with your feet together and hands by your side.
- Jump your feet out to the side and raise your hands over your head at the same time.
- Return to the starting position.
- Repeat for prescribed reps/time



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Jumping Jack Burpees

- Start in a standing position with feet shoulder width apart.
- Perform a jumping jack.
- Sprawl down and get into a push up position.
- Perform a push up.
- Bring your feet in and perform another jumping jack.
- Repeat for prescribed reps/time.



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Kick Ups

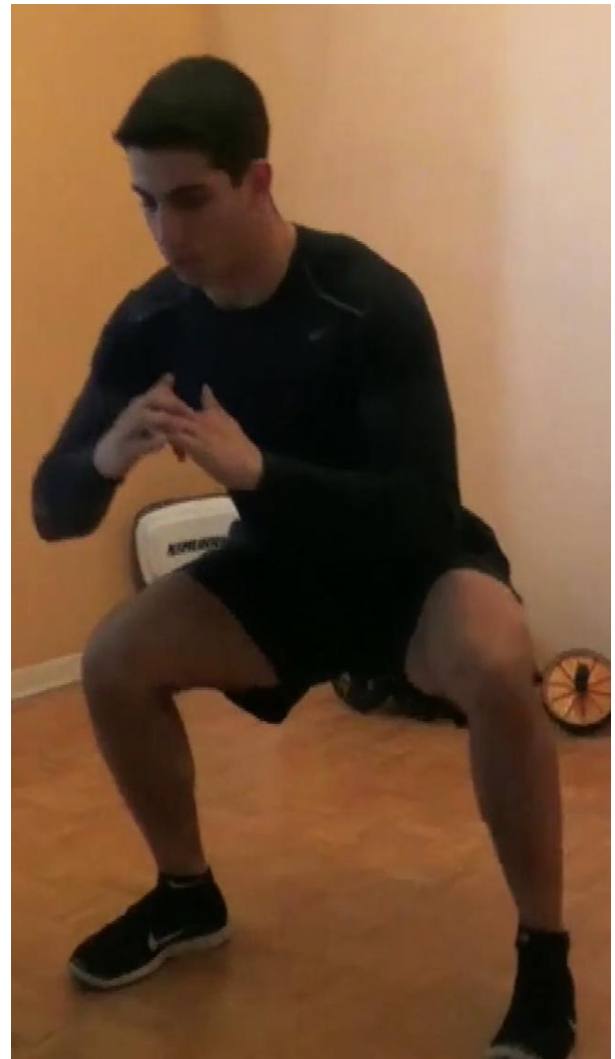
- Start in a standing position with feet shoulder width apart.
- Kick straight up with one leg.
- As soon as that leg touches the ground, kick right back up with that same leg.
- Repeat for the prescribed reps/time.
- Repeat the same movements with the other leg.



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Kneeling To Squat

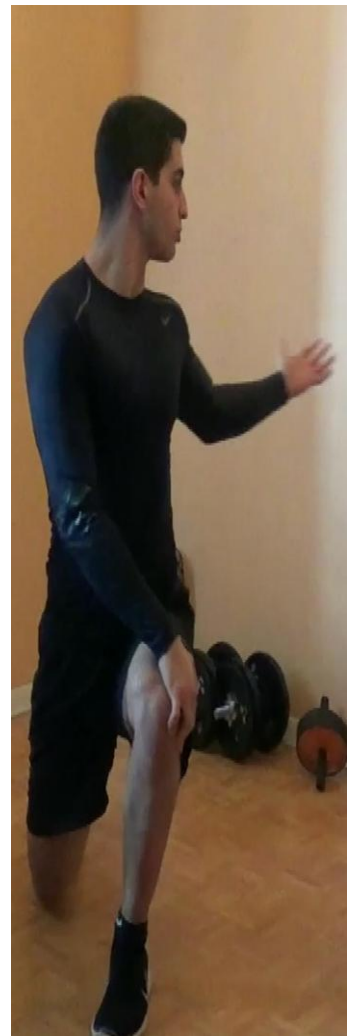
- Start in a kneeling position.
- Using one leg at a time, step into the bottom of a squat position.
- Using one leg at a time, step back into the starting position.
- Avoid standing tall.
- Repeat for the prescribed reps/time.



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Knee Hug + Lunge + T-Spine Rotation

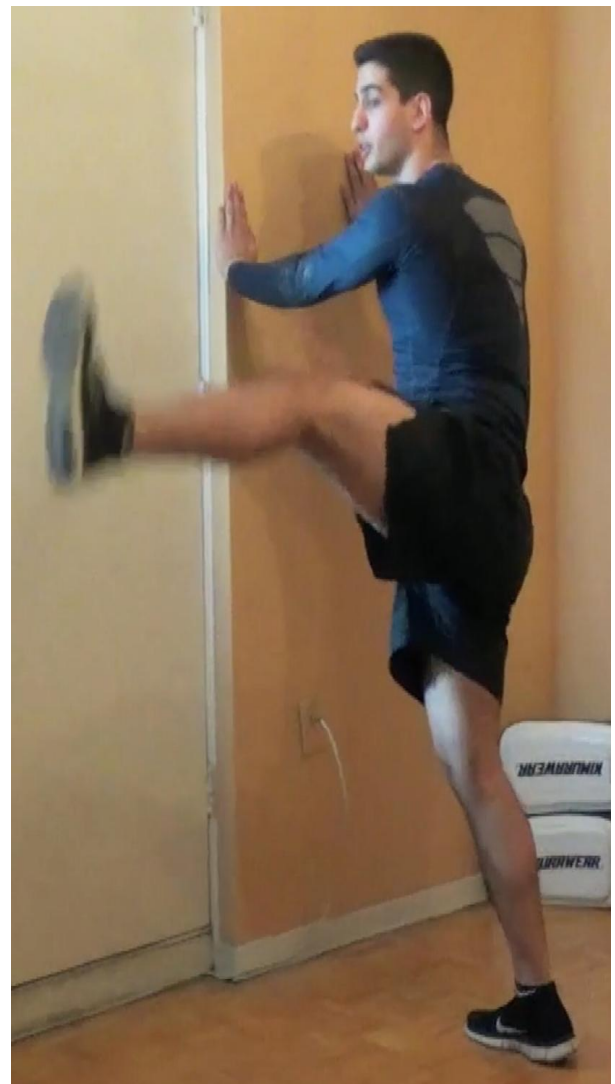
- Start in a standing position with feet shoulder width apart.
- Bring one knee to your chest and hug it tight.
- With that same leg, take a long step forward and lunge down.
- With the opposite arm, reach behind your back while rotating and keeping the arm extended.
- Come back to the starting position and repeat the movement.



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Lateral Leg Swings

- Start in a standing position facing the wall with both hands on the wall.
- Swing one foot towards the other leg, pointing the toes inwards.
- Using momentum, swing that leg out, away from the other leg, pointing the toes out.
- Repeat for prescribe reps/time.
- Perform the same movement with the other leg.



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Long Plank With Armpit Touch

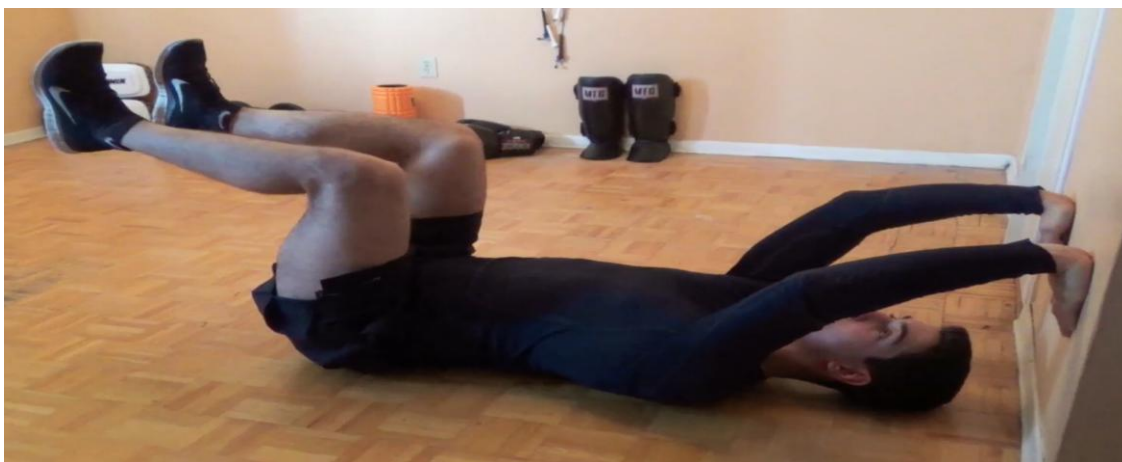
- Get into the top of a push up position.
- Walk your hands forward until they are above your head.
- Keeping the abs tight, touch the opposite armpit.
- Repeat the movement, alternating sides for the prescribed reps/time.
- Prevent the hips from swaying side to side when performing the movement.



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Modified Dead Bug

- Start by lying on your back with your hips and knees bent at a 90-degree angle. Hands are against the wall behind you.
- Press your low back into the floor by squeezing your abdominals and pressing your hands against the wall.
- Slowly extend one leg forward, bringing the heel to the floor and raise it back to the starting position.
- Repeat with the other leg.
- Make sure your low back is in constant contact with the floor and the abdominals are always tight.



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Mountain Climbers

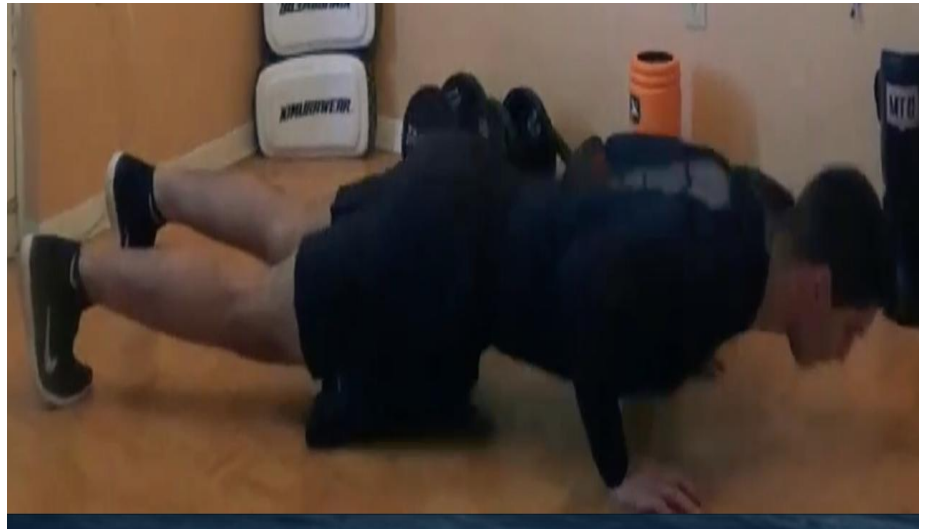
- Start in a push up position with hands underneath your shoulders.
- Keeping your abs tight, bring one knee to your chest
- Repeat with the other side, alternating knees in a running fashion.
- Make sure there is a straight line between your feet and head without hiking up the hips.



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One And A Half Burpees

- Start in a standing position with feet shoulder width apart.
- Perform a vertical jump.
- Sprawl down and get into a push up position.
- Perform a half burpee and then perform a push up.
- Bring your feet in and perform another vertical jump.
- Repeat for prescribed reps/time.



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Plank Arm Raises

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Raise one arm off the ground, keeping the hips straight.
- Alternate between arms.
- Repeat for prescribed reps/time.



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Plank To Push Up Position

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Get into a push up position using one arm at a time.
- Prevent the hips from rocking side to side.
- Repeat for prescribed reps/time.



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Plank With Forward Touch

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Touch forward with one hand, making sure the hips don't shift from side to side.
- Bring that hand back and perform the same movement with the other side.
- Repeat for prescribed reps/time.



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Plank With Knee To Elbow

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Bring one knee to the elbow on the same side.
- Make sure to not hike up your butt and maintain that straight line in your spine.
- Bring that knee back and repeat on the other side.
- Repeat for prescribed reps/time.



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Plank With Leg Lifts

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Raise one leg off the ground, keeping that leg straight.
- Bring that leg down and repeat the same movement with the other leg.
- Repeat for prescribed reps/time.



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Plank With Side Touch

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Touch to the side with one hand, making sure the hips don't shift from side to side.
- Bring that hand back and perform the same movement with the other side.
- Repeat for prescribed reps/time.



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Prisoner Squats

- Start in a standing position. Feet slightly wider than shoulder width.
- Interlace your hands behind your head and squeeze your shoulder blades together.
- Squat down by bending at your hips and knees until your thighs are at least parallel with the ground.
- Drive through your heels into the starting position, keeping your chest up and knees out.
- Repeat for prescribed reps/time.



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Push Ups

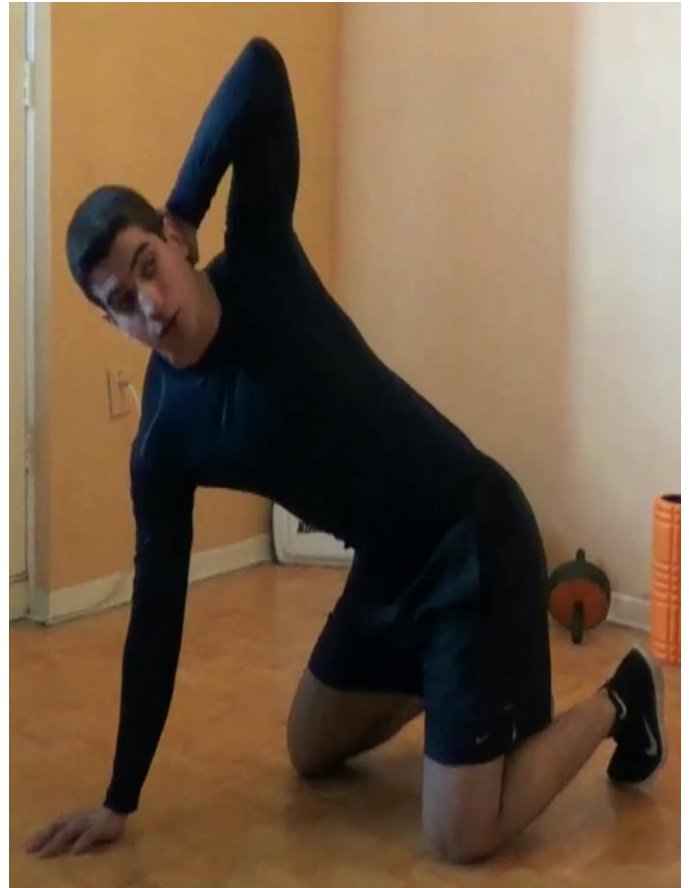
- Start in a push up position with your hands underneath your shoulders.
- Lower your chest towards the ground, keeping your elbows at a 45-degree angle.
- Push away from the ground into the starting position.
- Make sure to keep your abs tight and maintain a straight line from your head to toes throughout the movement.



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Quadruped T-Spine Rotation

- Start in a quadruped position. Knees underneath the hips and hands underneath the shoulders.
- Place one hand behind your head, keeping your elbow out.
- Bring that elbow inwards towards your other elbow.
- Now bring that elbow out and back, keeping your eyes at the ceiling.
- Repeat for prescribed reps/time and repeat with the other arm.



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Run In Place High Knees

- Start by running on the spot, getting your knees high.
- Swing your arms while running on the spot.
- The arm that you swing with will match the opposite knee that comes up.
- Repeat for prescribed time/reps.



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Run In Place Kick Backs

- Start by placing your hands behind your butt.
- Run on the spot and get your heels to touch your hands behind you.
- Repeat for prescribed time/reps.



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Saw Plank

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Shift your weight forward and plantar flex (extend) your ankle.
- Shift your weight back to the plank position.
- Repeat this movement in a rocking fashion for the prescribed reps/time.



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Side-To-Side Hop

- Start in a standing position.
- Jump to your left side landing on your left leg.
- Without bring your other foot to the ground, jump to the right side, landing on your right leg.
- Repeat for prescribed time/reps.



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Side Plank/Side Plank Leg Raises

- Start on your side, on one elbow and feet.
- Stack one foot on top of another.
- Bring your hips off the ground and make sure there is a straight line between your head and feet.
- Hold this position for the prescribed time and then switch sides.
- Add in leg raises for the Side Plank Leg Raises movement.



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Single Leg Burpees

- Start in a standing position with feet shoulder width apart.
- Sprawl down and get into a push up position on one leg.
- Perform a push up on one leg.
- Bring your foot in and perform a vertical jump on one leg.
- Repeat for prescribed reps/time and then repeat the same movement on the other leg.



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Single Leg Hip Lift

- Start by lying on your back.
- Hug one knee towards your chest and have the other leg bent and the foot on the floor.
- Drive through your heel and bring your hips up while hugging that knee.
- Squeeze your glute at the top.
- Bring your hips down and repeat the movement for the prescribed reps/time.



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Single Leg RDL's (Romanian Deadlifts)

- Start in a standing position.
- Bring one leg back while lowering your chest.
- Maintain a straight torso and make sure not to round at your low back.
- Return to the starting position.
- Repeat the movement for prescribed reps/time and then repeat with the other leg.



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Single Leg Saw Plank

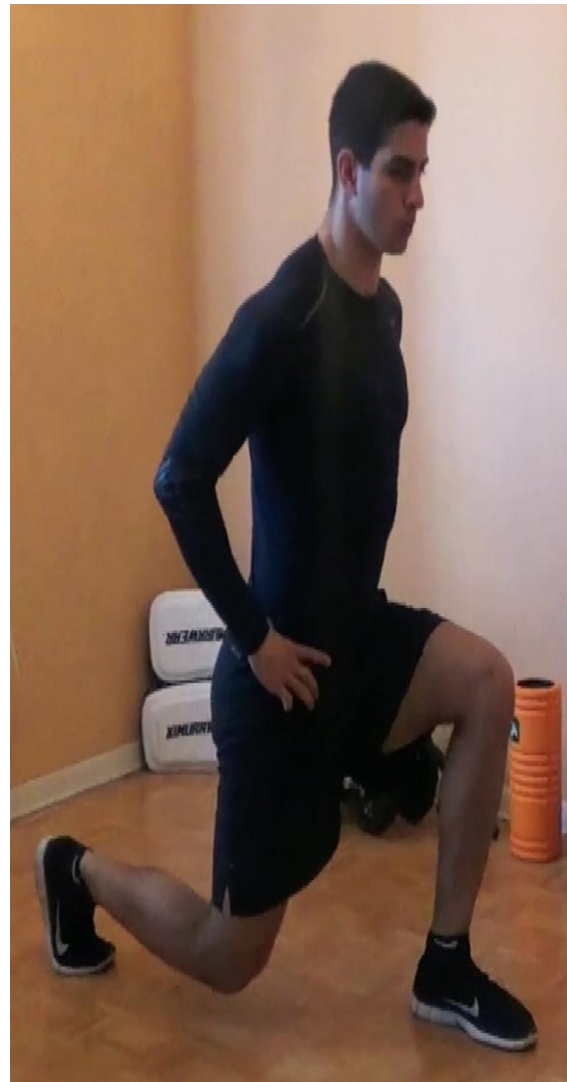
- Start in a plank position on your elbows with one leg off the ground.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Shift your weight forward and plantar flex (extend) your ankle.
- Shift your weight back to the plank position.
- Repeat this movement in a rocking fashion for the prescribed reps/time and repeat with the other leg.



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Split Squats

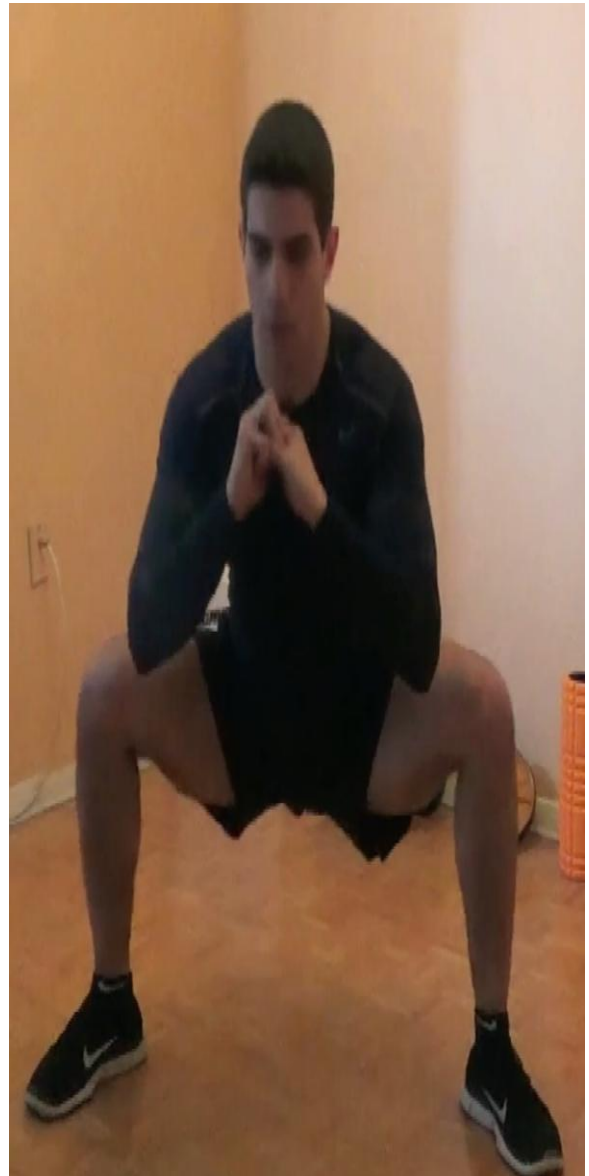
- Start in a split stance.
- Take a step forward to get into position.
- Get your rear knee barely off the ground, keeping your torso straight.
- Drive through the heel of the front leg into the starting position.
- Repeat for prescribed reps/time.



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Sumo Squats

- Start in a standing position. Feet wider than shoulder width and wider than your normal squat stance.
- Squat down by bending at your hips and knees until your thighs are at least parallel with the ground.
- Drive through your heels into the starting position, keeping your chest up and knees out.
- Repeat for prescribed reps/time.



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T-Push Ups

- Start in a push up position with your hands underneath your shoulders.
- Lower your chest towards the ground, keeping your elbows at a 45-degree angle.
- Push away from the ground into the starting position.
- As you come up, rotate one arm back towards the ceiling.
- Perform another push up and rotate the other arm back towards the ceiling.
- Repeat for the prescribed reps/times.



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Tuck Jumps

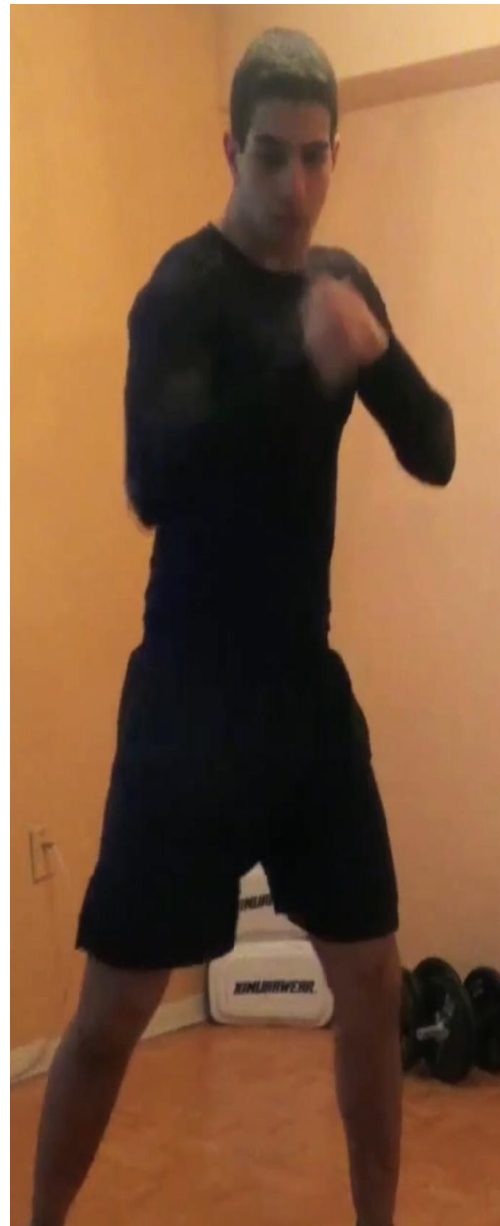
- Start in a standing position. Feet shoulder width apart.
- Jump and bring both knees towards your chest.
- Once your feet land, jump right away in a continuous fashion.
- Repeat for the prescribed reps/time.



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Uppercuts

- Start in a standing position. Feet shoulder width apart.
- Throw an uppercut, punching up with one arm and repeat with the other arm.
- Repeat this in a continuous fashion for prescribed reps/time.



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Walk Out Push Ups

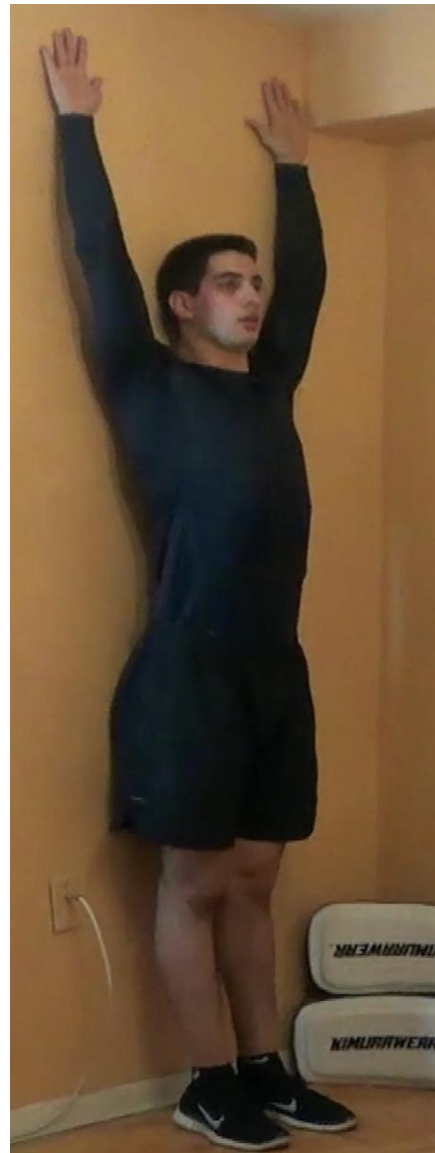
- Start in a standing position.
- Touch your toes and walk your hands out into a push up position.
- Perform a push up.
- Walk your hands back towards your feet into a standing position.
- Repeat for prescribed reps/time.



The Complete Fighter Abs Manual

Wall Angels

- Start by getting your butt, shoulders, and head against a wall.
- Raise your arms and get your elbows, wrists, and fingertips touching the wall.
- Keeping all those points in contact with the wall, slide your hands over your head, straightening out the elbows.
- Bring them down to the starting position and repeat for the prescribed reps/time.



The Complete Fighter Abs Manual

Worlds Greatest Stretch

- Start in a push up position.
- Bring one foot on the outside of your hand.
- With the arm that is beside the foot, you're going to bring the elbow towards the ground.
- With that arm, rotate and reach towards the ceiling, straightening out your elbow.
- Repeat this for the prescribed reps/time and repeat the movement on the other side.

