

# **ABS FOR LIFE**

*The Great AB Workout*



*By*

*Grandmaster Ted Gambordella &  
Lance Austin*

# ***ABS FOR LIFE***

## ***The Great AB Workout***

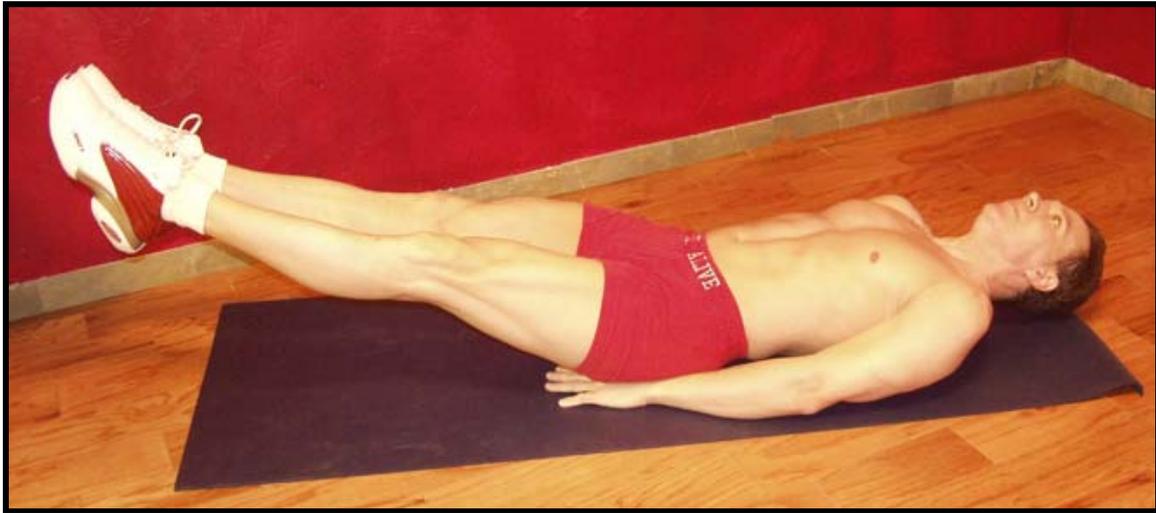
***I wrote this book after years and years and hundreds and hundreds of people asking me “how did you get those Great Abs?” The answer is here in the Great AB Workout Book. You will find over 25 exercises I have been using for almost 35 years to build and keep ABS FOR LIFE.***

***My Co-author is Lance Austin, who is an accomplished actor and model and who is known Nationwide for his Great Abs. Lance is in his 40’s. I am 56, so we are Living Proof ***The Great AB Workout*** will give you Great Abs for LIFE.***

***I suggest that do 4 sets of 20 reps for each exercise, but DON’T start there unless you are in shape. Just do as many of each exercise as you can and work up until you can do 4 sets of 20, or even more.***

***Always consult a Doctor before beginning any exercise program***

***Lance Austin***  
***Grandmaster Ted Gambordella***



Leg Lifts: I always keep my hands under my bottom when doing leg lifts, this relieves the pressure on my back and makes works the abs better.



Bent Knee Leg Lifts: Here I place my hands to my side and curl my legs up to 45 degrees and then pull them towards my chest, tightening the stomach.



Basic Crunch: Lie flat on your back, with the arms behind your neck. Keep the feet flat on the floor and then curl the back up to crunch the abs.



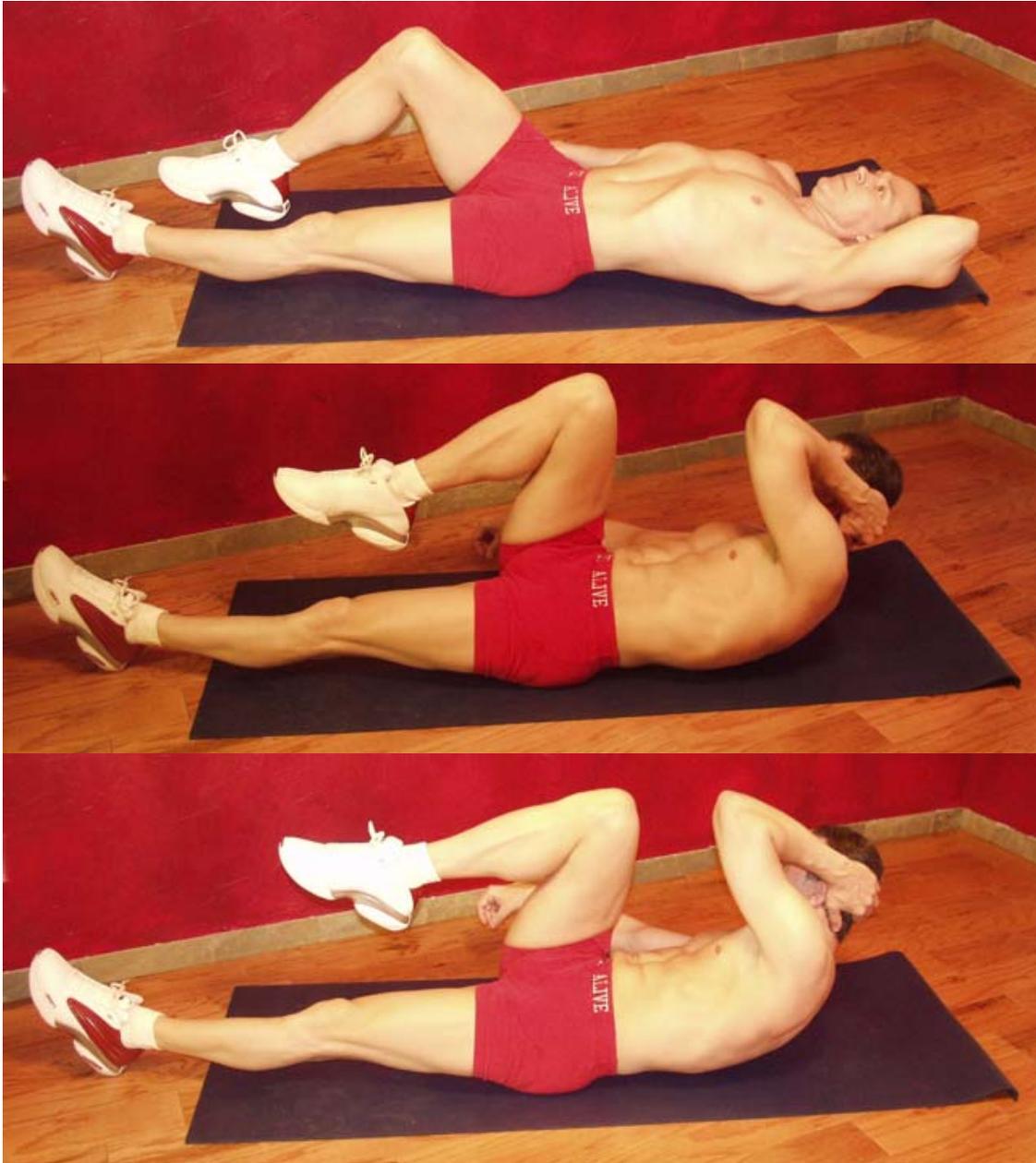
**Bent Leg Crunch:** Keep the arms behind the neck, and curl the legs up 45 degrees, then do your crunches.



Crossed Leg Side Crunches: Lie on the back, with one arm behind the neck, then twist the body up towards the knee.



Crossed Leg Side Crunches: Lie on the back, with one arm behind the neck, then twist the body up towards the knee.



Twisting Crunch: Lie on the back and place one arm behind the neck, then lift one leg up and pull it towards the chest, while twisting and crunching the body towards the knee.



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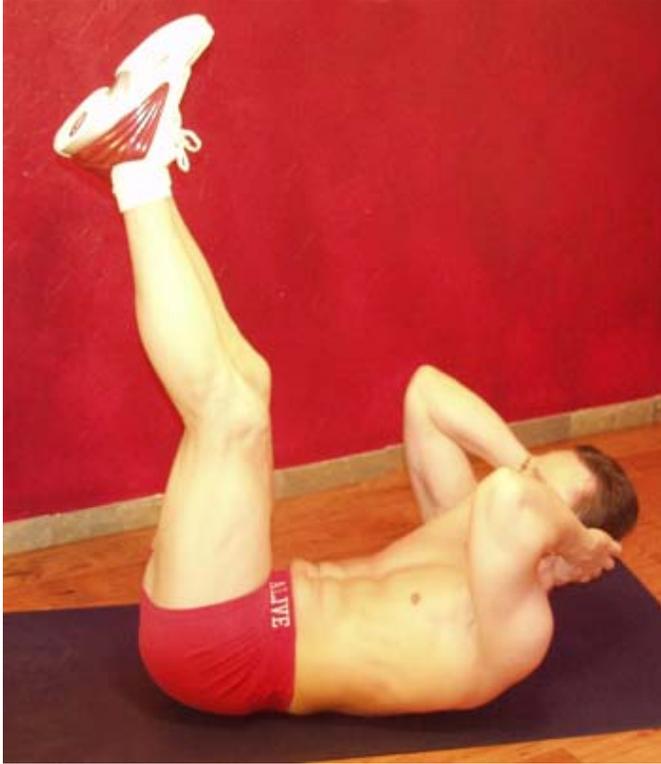


Twisting Crunch: Lie on the back and place one arm behind the neck, then lift one leg up and pull it towards the chest, while twisting and crunching the body towards the knee.  
This is the same exercise but done lifting the same leg and arm, rather than crossing them



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Legs Up Crunch: Lie on the back with the hands behind the neck, and then crunch the body up towards the knees.





Twisting Side Crunch: Lie on the back, hold the legs straight up and then twist from side to side while crunching up toward the knees.



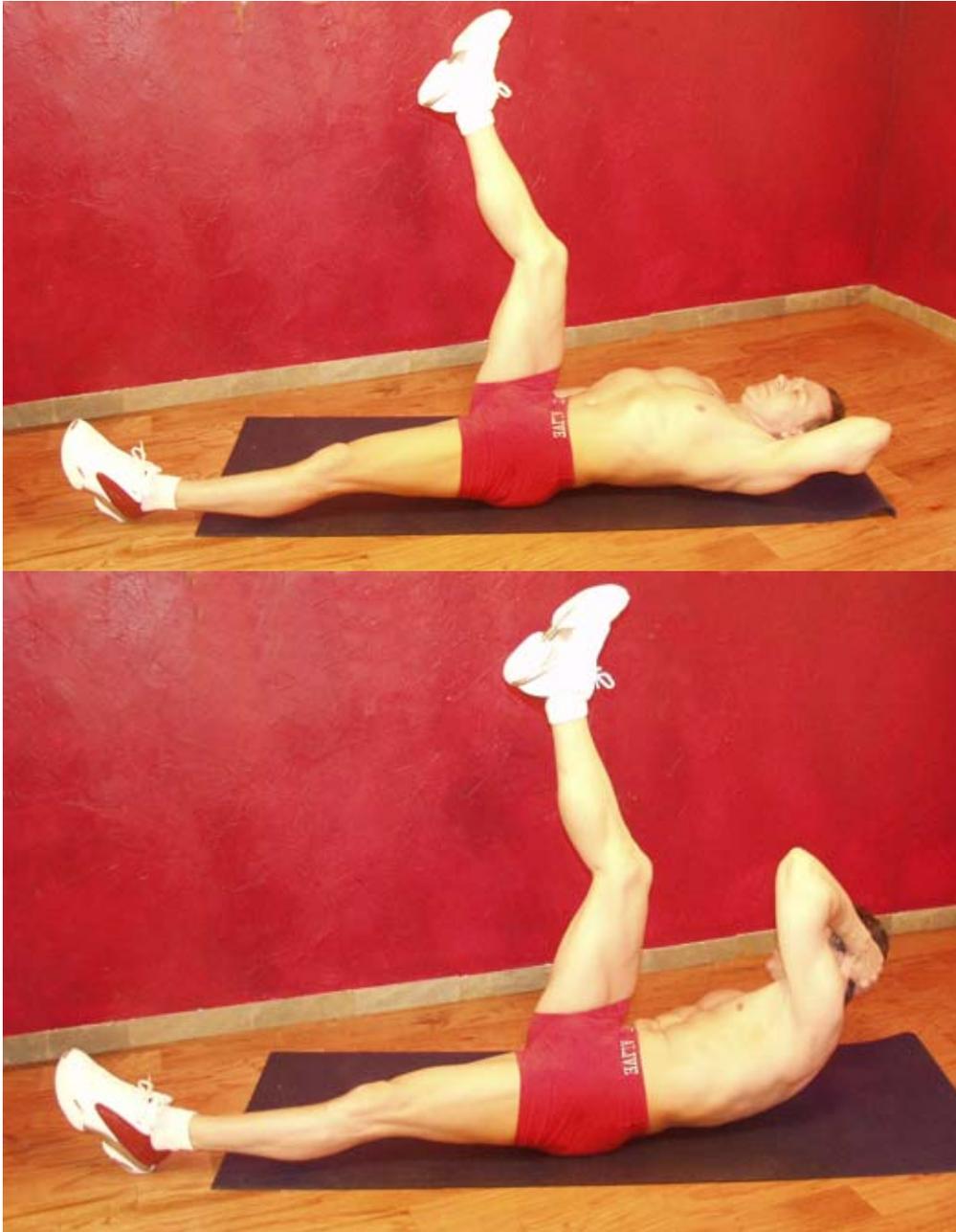
Side Twisting Crunch: Side on the back with the knees bent to the sides. Hold one arm behind the neck and twist the body up to the side the legs are bent to.



Side Twisting Crunch: Side on the back with the knees bent to the sides. Hold one arm behind the neck and twist the body up to the side the legs are bent to.



Leg Straight side twisting crunch: Lie on the back with one leg lifted straight up, then place one arm behind the neck and twist the body up and crunch to the knee.

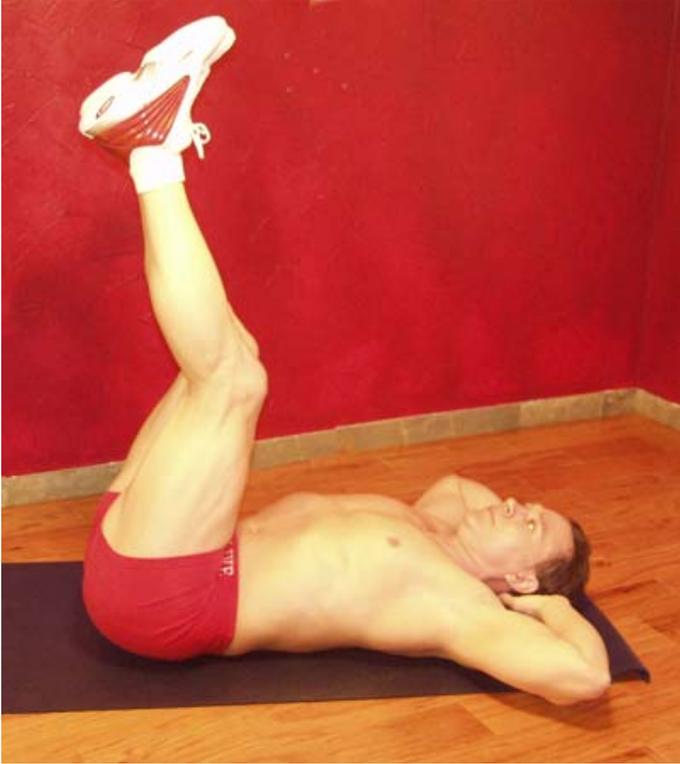


Leg Straight side twisting crunch: Lie on the back with one leg lifted straight up, then place one arm behind the neck and twist the body up and crunch to the knee.

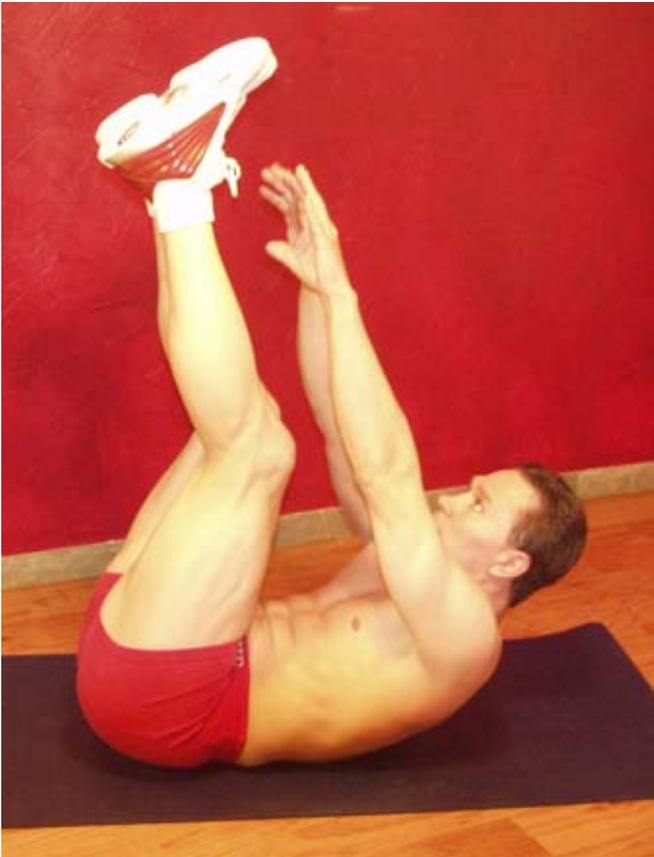


Straight leg Crunch: Lie on the back with the arms to the side and hold both legs straight up, then crunch the body up to the knees.





Straight leg Crunch: Lie on the back with the arms behind the neck and the legs straight up, then thrust the arms towards the toes while crunching the body up to the knees.





Modified Leg Thrusts: Lean back to rest the body on the elbows and then lift the knees up to towards the body and then off the floor and back out.



**High Leg Thrusts:** Lean back supported by the elbows and lift both legs up to 90 degrees and then straighten them out.



**Leg Crunch:** Lie on the back and alternate lifting the leg towards the arms, grab the knee and pull the back off the floor while pulling the knee towards the body.



Side Crunch: Lie on the back with the hands behind the neck and twist the body up and to the sides to crunch the body towards the knees.



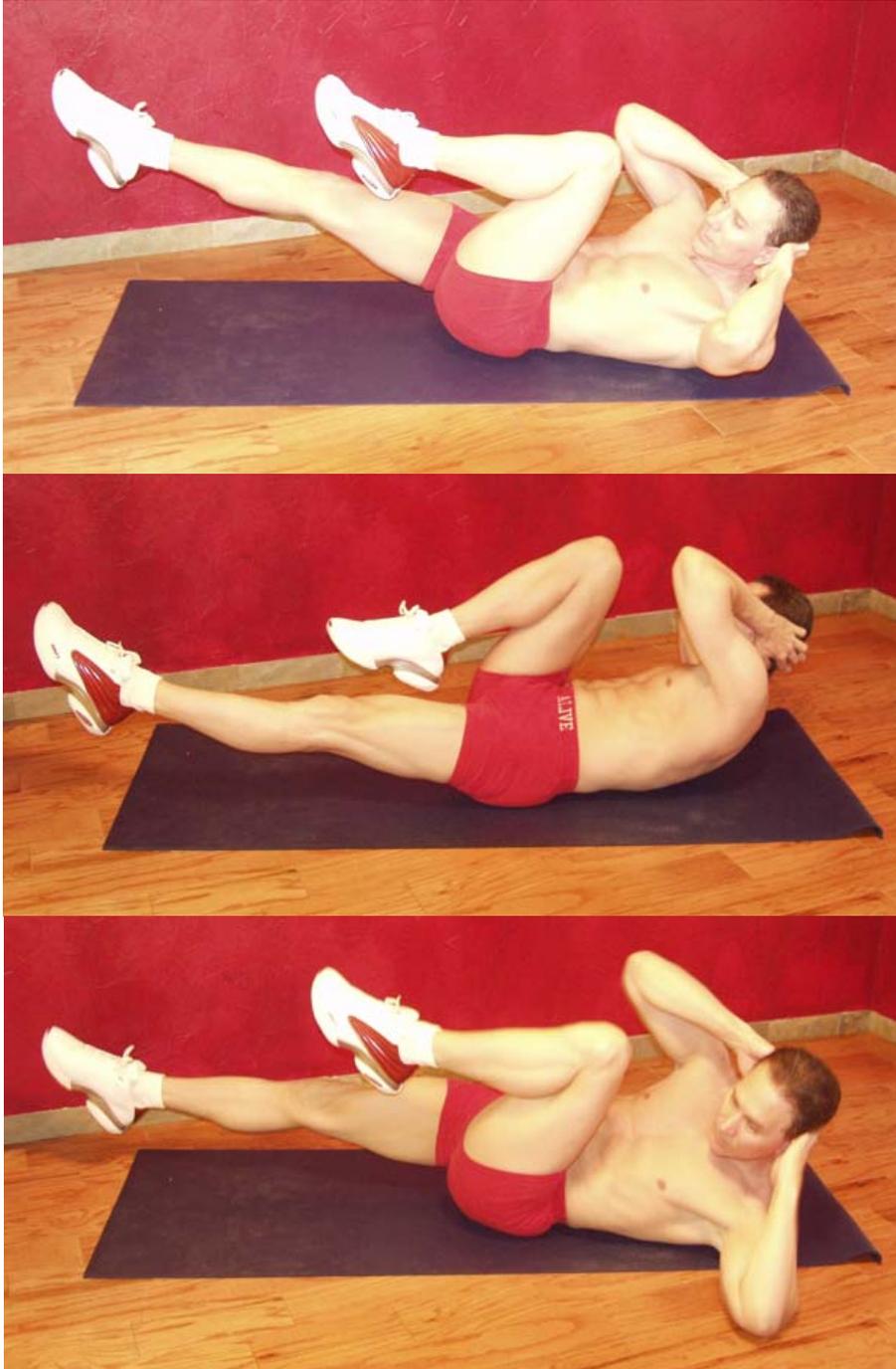
Side Crunch: Lie on the back with the hands behind the neck and twist the body up and to the sides to crunch the body towards the knees.



Legs Up Side Crunch: Lie on the back with the legs up to 90 degrees, hands behind the neck and then twist the body to the right and left while crunching up towards the knees.



Flying Leg Crunches: Lie on the back with the arms straight out and legs off the floor a few inches, then curl the body up while bringing the knees up to meet the arms.



Alternating Leg  
Crunches; Lie on  
the back with arms  
behind the neck  
and alternate  
twisting the body  
up towards the  
knees,

# abdominal s

Sits ups



You can't do enough sits. I do hundreds a day, sometimes a thousand. I do them without my feet pushed against anything or under anything, and I lean to the right and left when I work, so I can work each side of the abs and the muscles that surround the

I never put the hands behind the head, and never go all the way back. When you go to down to the ground and lie flat you are resting, and when you start to come up you hurt your neck, and do not work your abs.



I always twist to the side and punch up to work my arms too.



I do sets of 50 on each side and then 50 in the middle. For a total of 150, then I rest and do it again. This is one set. I do 5 sets for 750 sits ups.

# Abdominal crunches



Crunches are a modified sit up that tightens the abs but doesn't hurt the back. This time you put your hands behind the head and crunch up as far as you can, at least 6 inches off the ground.

I try to do 50 reps at a time in sets of 5.

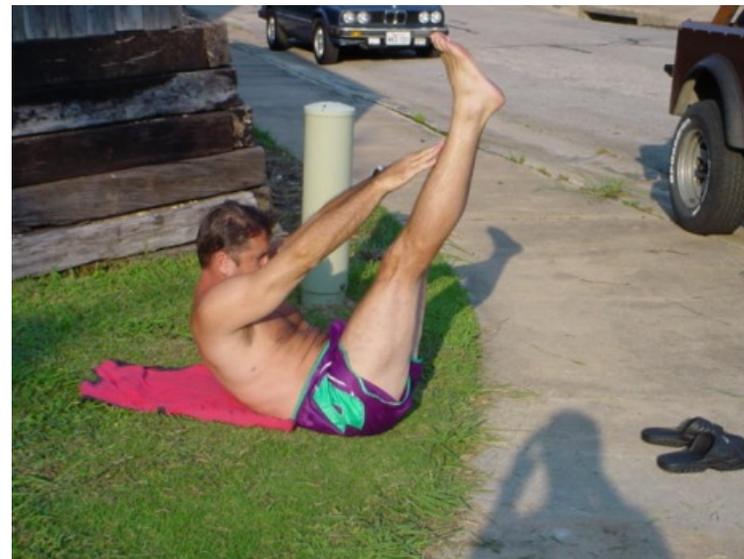


You can also pull the legs into the arms To really concentrate the crunch.



# Abdominal

## Arms ups & v ups



Hold the arms straight up and pull yourself off the ground. You can also pull the legs back and try to touch the toes as you lift the head towards the legs.

Do 3 sets fo 25 reps.

# Back strengthening



**Lie on your back and put your hands behind your head. Lift the butt off the ground and up as high as you can. Drop your weight down first to the right side then to your left side. This will help strengthen you lower back. Do 4 sets of 12 to 16 reps.**

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## Leg lifts in a chair



You can really work the lower abs by doing leg lifts in a chair. You can concentrate on the legs and use the chair for support and not hurt the back. Keep the legs straight and lift them straight up.

For a variation you can curl them straight back.

I do a lot. I do sets of 50 to each side, and 50 to the middle. 4 sets.

# Abdominal

## Leg Lifts



Leg Lifts are important for several reasons. They work the lower abs and the help strengthen the back, as well as the knees. Keep the toes pointed and the legs straight. You can lift them straight up or curl them back into the abs.

I do a lot. I try to do them for 3 minutes without stopping. I can usually do 180 or more in the 3 minutes.

# Abdominal Side bends



Side bends really work to get rid of that love muscle or bulge around the waist. Hold one hand on the head and lean to the right and left side as far as you can.

Do 3 sets fo 25 reps each side.

# Building muscles without weights

## Circular Breathing



Circular Breathing is the fastest way to recover your breath after hard exercise. It allows for the full expansion of your lungs and full removal of air that is bad.

Hold the arms above the head and while breathing in make a large circle with your arms until they touch in front. Then breath out making the same large circle.

Do about 5 times to recover your breath after hard exercise.

# Building muscles without weights

## 4 way Breathing



4 Way Breathing is a way to tighten all the muscles of the body, especially the abs and back. It is an extreme isometric exercise and forces you to concentrate on getting all the air out of your body and tightening the muscles.



Start with the arms in front of the body and slowly move the arms straight up, tightening every muscle and concentrating on removing all the air from the stomach. Return the arms, and now go out to the side, then to the front and finally straight down.





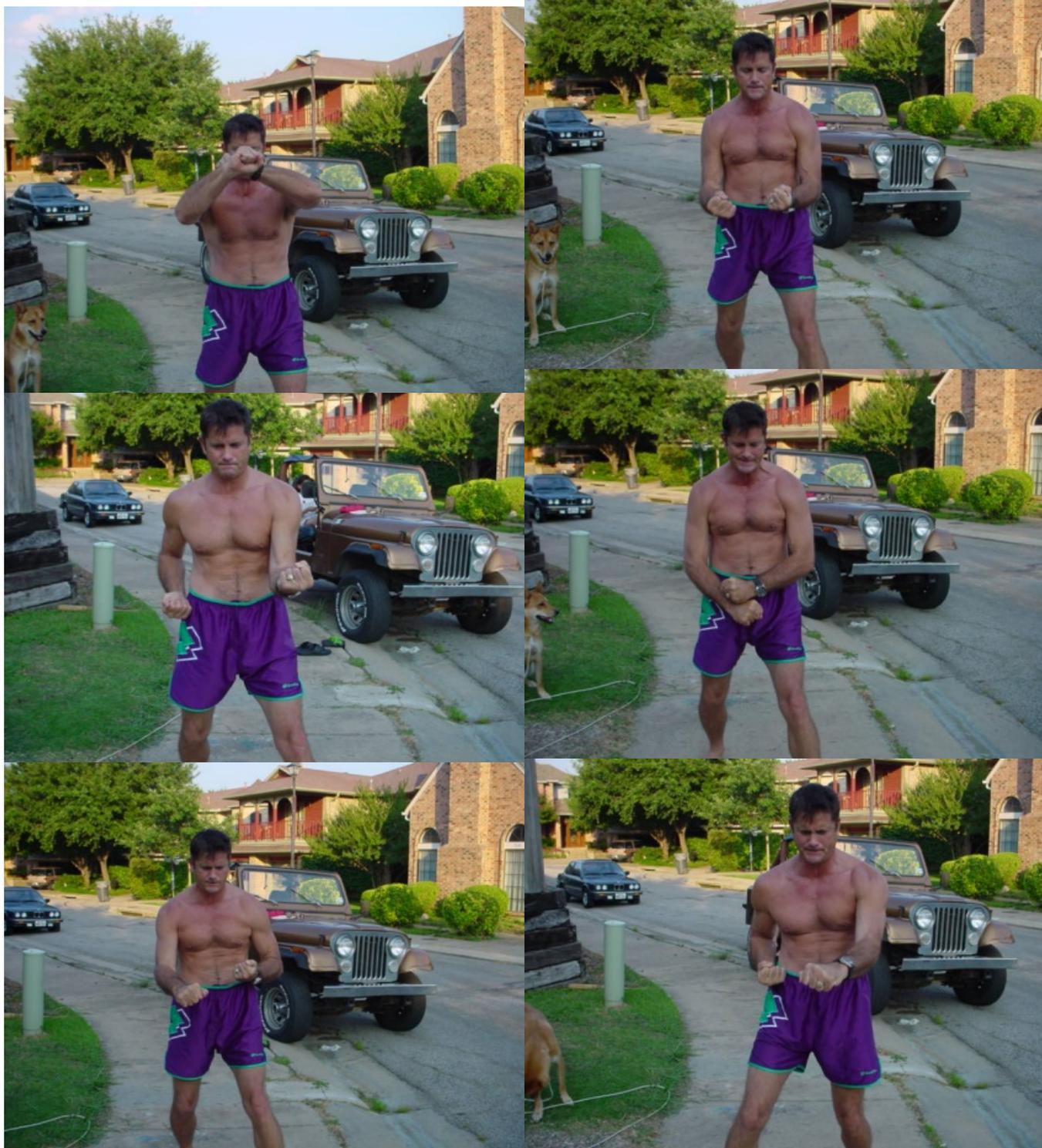
After you have done the 4 way breathing holds the arms to the sides of the body and really tighten and squeeze the stomach muscles, breathing out, and squeezing very very hard to clear all the air from the stomach.

This exercise helps develop KI and I test my KI by punching myself in the stomach very hard. You do not have to punch yourself, unless you want to.



# Building muscles without weights

## Isometric Breathing



Isometric breathing is an important concept and exercise to understand. It is a fundamental exercise of the martial arts. It is in all forms and called "sonchin" in my style of karate. It is very simple to explain, but very difficult to master. Unlike tai chi, which is breathing very soft and moving very fluid. Isometric breathing is breathing very forcefully and moving very hard, but slow.



To do the exercises you must first start with the body very tight and concentrate on the breath.



Now breathing out move very slowly and forcefully in all directions. Pushing one hand out and pulling the other hand back



You can punch across the body, to the side of the body, to the front of the body, down and even up.



You must force all the air out, and tighten all the muscles on each punching or pushing drill.





The key to doing the exercises right is to force the air out and tighten the muscles. When you push or punch out with one hand, you pull back with the other hand.



Always move very slowly and concentrate on the breathing the tightening of the muscles. You must get all the air out and all the muscles tight.



You can also push out the legs in a low kick and breath out very hard and tighten the muscles very hard. Remember to breath slowly, move slowly and concentrate.