

Ab Training '60s Style

By Dennis B. Weis "The Yukon Hercules"

Here is a look at how AB training was accomplished back in the 1960's as explained to me by my mentor Donne Hale of Miami, Florida. Plain and simple yes, and without all the pseudo science or Exercise Police and best of all it worked with no ill effects."

Abdominals usually come last in the thoughts of today's body builders. Yet, nothing sets off a physique any better than a rippling, "cut-up" midsection and exercising it will build internal fitness as well. There are no secret exercises, no magic formulas, no short cuts to a perfect abdomen. The following **14-Tips For Getting "Cut-Up Abs"**, revealed in Donne Hale's Training Notes, will definitely be helpful if you apply them!

Donne Hale's 1960's Ab Training Notes

*Notations and/or comments in (parentheses) by Dennis B. Weis

14-Tips For Getting "Cut-Up Abs"

TIP #1: Pick abdominal exercises ideal for YOU! Forget those ab exercises that are used by other bodybuilders if (after trial & error) you find they are not suitable to you. I also suggest you forget the "scientific discoveries" relating to the abdominals. I think you can break down all the essential facts into a few general rules. In general, sit ups of various types work most strongly on the upper abdominals. Varieties of leg raises target the lower ab region, while stomach suction gives internal tone. Twists w/broom stick, and side-bends add a nice finishing touch to abdominal appearance.

TIP #2: Daily exercise for the abs is superior to three times a week for some people. An excellent example is the late Chuck Sipes, 1968 IFBB Mr. World, who developed world class abs by training them 6 times a week. **(Back in the '60s no though was given to fast and slow twitch (abs) muscles and recovery time but the ab development of bodybuilders was at least as good or better than what we see today).**

TIP #3: Do your abdominals on an empty stomach – immediately upon arising after a night of sleep and just before retiring to bed are the best times... Sets are of minor importance in ab work. Instead of repeating extra sets, do a variety of exercises in your routine. Instead of lower reps,

done in sets, do more reps (**Hypothetical Rep Factor: 15 minimum/40 maximum**).

TIP #4: Only use sets when you cannot reach higher reps, thus getting some work done, as you steadily add reps... Very difficult movements (**such as the shoulder planche etc.**) aren't as effective as basic exercises, performed in VERY STRICT style with concentration. Work from one extreme of the exercise movement to the other... To specialize on the abs, do some abdominal work at the beginning (**energy and mental attitude are usually at optimum levels**), middle and the end of regular total body workouts. Or do one set of an abdominal exercise after every one or two sets of an exercise for a particular muscle. For example after every couple of sets of barbell curls do one set of an ab exercise.

TIP #5: After training when taking a shower, work on the abdomen with your hands - rub it briskly, give deep massage, pinch and pick up the skin rapidly, punch and slap entire area. Roll, knead, pound -DISTURB that layer of fat and do it -vigorously.. (**Don't poo, poo this idea before you give it an honest effort**).

TIP #6: Cut down on liquids, especially near meals. Don't drink ANY liquid when eating, nor within 45 minutes of a meal. I don't know WHY but it WORKS...Having said that it is important to maintain normal hydration levels by drinking plenty of water per day (**at least .55 times your bodyweight**).

TIP #7: Do stomach suction or vacuums (**Refer to the description in this article**) at various times though out the day; while driving, walking, reading, working, in your bath tub/shower, anywhere, anytime. It will help cut waist size, fast!

TIP #8: Alternate tensing helpful. Do hundreds each day for quick (as in posing) and relaxing of the abdominals is very definition. (**Ref: tip # 13 for more ideas**).

TIP #9: Fully developed abdominals are rare today. Part of the fault lies in the craze for a tiny waist - most body- builders fear that too much exercise will enlarge the ab muscles to the extent that the dimensions of a tiny waist line will be destroyed. Others feel that the abdomen doesn't add much to the general appearance of the physique and just keeping it trim with very minimal effort is enough.

Of course, there is the usual reason of "not enough time to cover everything and the abs take care of themselves" or "it takes too much work to get a washboard set of abs (**Refer to the brief and intense Slam Training Ab Workout in this article**), unless you have them naturally".

It's enough to make a person laugh and yet, all these reasons are so foolish. In the first place, a really small waist can be greatly improved muscularly without noticeably increasing its size.

A waist of 30", with no muscle at all, doesn't look as compact as a 31" waist that is cut up! The abdomen, like deltoids and calves set off a physique and add the finishing touches that can make it stand out in muscular development.

TIP #10: People are NOT born with good abdominals. We all have them, but it takes plenty of physical activity to bring them into bold relief, unless you're bony thin. As to the "hard-work" excuses... it's not as hard as leg work, it doesn't take as long as arm work and, once you've laid the foundation, you can maintain fine abdominal cuts with a minimum of effort. I have found that the average bodybuilder feels there are "secret methods" that develop a superb midsection. Because the average bodybuilder suspects secret methods are responsible for the exceptional abdominals of some bodybuilding super star, he is inclined to waste his efforts searching for the secrets when in fact he could be developing visually impressive abs with a good old fashion basic routine of simple ab exercises.

TIP #11: Another misconception is popular, concerning the use of weight. Straining with extra weight in ab work just isn't necessary. It cuts down the number of reps you can perform, makes the work uncomfortable and the only added benefit it gives is increased strength. I presume you are more interested in the appearance of your torso than in breaking the sit up record using the most poundage possible behind your head!

TIP #12: As I mentioned before (**Refer to tip #3**) I find sets to be of minor importance in working the abs. If you have time enough to repeat many sets, I suggest you use it to perform a greater variety of exercises. Again I must say that instead of using lower reps and many sets, increase the number of reps you do. Only rely on sets at the beginning, if you are unable to reach high reps; using them at this time will help you develop an ability to do more reps and will enable you to be getting plenty of work at the same time.

TIP #13: Naturally, you should cut down on the carbs, sweets (simple sugars) and saturated fats (**Refer to the Fat Buster Diet Plan**) - why add to your problem while you're working on it? As I mentioned previously, I favor a wide variety of exercises, using high reps and working from one extreme to the other. Work fast but concentrate! When you can't get any more full reps, (**because of muscle fatigue**), keep going with short range "burns", to further intensify tension on the abs and bring in those fine cuts. Be careful of cramping when doing this!

TIP #14: As I've said (**Refer to tip #2**) how often you work the abs makes a difference in results. It is a big difference, too! Consider that, three. four and five separate ab sessions of five minutes each are more valuable than a single session of twenty five minutes. If you are a bodybuilder who would like to "blitz" the weak points of your abs, how about this approach? You simply fast all day and, during that day, you perform abdominal exercises for at least six minutes of every hour. Sounds wild, but it can often knock a full inch off the waist in a single day!

Summary

To summarize - you probably already know enough about abdominals to develop great ones IF you will work and think. Find the program (**See the ab program in this article. Give it a go.**) that suits you, dig into it on a long range basis and you cannot fail to be pleased with the results. Great abdominals are rare today but their possession sets a warrior bodybuilder apart from the also-ran-crowd.

Here is an encapsulated summary of how to do



Abdominal Vacuums

- Perform this exercise on an empty stomach.
- Bend the knees slightly.
- Bend forward at the waist (hump the upper back).
- Place your chin on the chest.
- Place your hands on top of the thighs and press downward and outward.
- Avoid lifting the rib-cage, unduly, or expanding the chest.
- Relax the abdominal muscles.
- Expel, sharply, as much air as possible from your lungs.
- Suck the abdominals (stomach) in-and-out several times (a minimum of 10 times or more till the abs ache), mentally trying to pull it into and behind the rib-cage. Inhale and then begin the procedure all over again.
- Repeat the described series 5-10 times, twice per day.

- As you begin becoming more adept at performing abdominal vacuums, with both hands on the tops of the thighs, gradually press downward and outward with only one hand on your thigh. This results in a single isolation effect of one side of the abdominals.
- An even more advanced version is to alternately press your hand on one thigh, then the other. This will cause the abdominals to move from one side then the other.

Slam Training Ab Workout

Here is a slam training routine for the abdominals that will maintain their existing level of development and beyond.

Exercise

No. 1 - Reverse Trunk Curl

3 sets x 15 reps – Hold 5, then 10

No. 2 - Floor Crunches

1 set x 25 reps – Hold 5 seconds

1 set x 20 reps - Hold 5 seconds

1 set x 15 reps - Hold 5 seconds

No. 3 - Alternate Elbow to Knee

Twisting partial Crunch

2 sets x 40 reps each side

Technique-Emphasis

Reverse Trunk Curl

- Lay back on a flat exercise bench
- Reach overhead and grip the end of the bench
- Cross your legs and bring your thighs so they are perpendicular to your body.
- Without swinging your body, use your abs to lift your trunk (butt) off the bench approximately 8 inches. This is considered the “up” or “contracted” position. Breathe out at “up” position.
- Slowly lower your trunk (butt) to within 1 inch of the bench surface. This is one rep.

- Breathe in and begin again doing 4 more reps. Upon completion of the 5th rep (“up” position) hold for a 5 second count. Do 10 more reps and hold in the (“up” position) for a 10 second count. This completes one set. Do two more sets in the manner described/

Floor Crunches

- Standard crunch
- After performing 25 reps, hold the (“up” position) for a 5 second count.
- Do 20 more reps- hold for a 5 second count.
- Do 15 more reps – hold for a 5 second count.
- Rest

Alternate Elbow to Knee

Twisting partial Crunch

- This is simple a Floor Crunch with an alternating elbow to knee sequence thrown into the mix.

Follow the Slam Training Ab Workout every other day!

Fat Buster Diet Plan For 6 Pack Abs

Space Meals About Three Hours Apart

Meal	Under 195 Lbs.	Over 196 Lbs.
1	Oatmeal w/milk or Cream of Wheat (70 gm) 4 egg whites 1 banana Coffee or tea	Oatmeal w/milk or Cream of Wheat (100 gm) 6 egg whites 1 banana Coffee or tea
2	1 can white tuna (rinsed 3 times) 2/3 cup rice (cooked) 2 tbsp. lo-cal Italian dressing	1- ½ cans white tuna (rinsed 3 times) 1 cup rice (cooked) 2 tbsp. lo-cal Italian dressing
3	1 plain baked potato 1 piece fruit (apple, orange, banana, or 16 grapes) ½ cup lo-fat cottage cheese	Same
4	1½ chicken breasts or 5-6 oz. lean meat 1 potato (Idaho or sweet) large salad ¾ to 1 cup vegetable (broccoli, cauliflower, carrots, spinach, asparagus)	2 chicken breasts or 8 oz. lean meat 1 potato (Idaho or sweet) large salad ¾ to 1 cup vegetable (broccoli, cauliflower, carrots, spinach, asparagus)
5	When you reach a body fat level you are happy with you may add an extra meal like #4 above. I recommend you add this extra meal in a 2 on 1 off sequence, adding the meal for two days then deleting it for one and repeat. Also you may want to add a MET-Rx pudding snack on the day off from the extra meal.	When you reach a body fat level you are happy with you may add an extra meal like #4 above. I recommend you add this extra meal in a 2 on 1 off sequence, adding the meal for two days then deleting it for one and repeat. Also you may want to add a MET-Rx pudding snack on the day off from the extra meal.

Snacks: One per day from the following list -

- 8 oz. yogurt
- 1 piece of fruit
- 4 oz. low fat frozen yogurt
- plain popcorn
- ½ cup cottage cheese

The above meal plan allows for fat loss (a key factor when training abs) while maximizing muscle growth.

Dennis B. Weis is the author of 3 critically-acclaimed blockbuster books: *Mass!*, *Raw Muscle*, and *Anabolic Muscle Mass*. He is also a frequent hard-hitting, uncompromising writer for many of the mainstream bodybuilding and fitness magazines published worldwide.

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