BLAST YOUR BODY INTO INSANE RESULTS FAST!

METABOLIC AB BLASTERS

GET ROCK SOLID 6-PACK ABS WITH THESE 10 KILLER CIRCUITS

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Please Note: The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Marc “Funk” Roberts, or anyone associated with Funk Roberts Fitness Ltd advises readers to take full responsibility for their safety and know their limits.

Before partaking in the exercises in this or any other program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don’t perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction.

Always do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Funk Roberts Fitness.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don’t use this or any other program, please follow your doctor’s orders.
Waiver and Release of Liability

(READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS MANUAL)

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WELCOME TO METABOLIC AB BLASTERS WORKOUTS

First, I want to thank you for taking the time to download my Metabolic Abs Blasters Workouts.

In this manual you will find 10 Mini Abs Blaster circuits that target and strengthen your entire abs and core region.

If you are reading this right now then that means you are someone that wants to take their training to the next level and find the best ways to reach your overall fitness goals.

Each circuit contain 5 exercises that you will do one after the other for either time based or reps. The combination for abs and core exercises while using the metabolic training protocol will help you feel and see results fast.

I'm not going to lie, these workouts are challenging and not easy, but if you are ready to commit, work hard and be consistent, then I promise that you will get results and eventually reach your fitness goals.

It's time to take the first steps to strengthen your core and sculpt out those abs so you can finally get the six-pack you've always wanted.

Are you ready?

It's time to GET IT DONE!

Your Friend and Coach,

Funk Roberts

Certified Metabolic Trainer
What is Metabolic Training?

Before we dive into some information about abs ad core I think it’s important that you get a quick overview of what metabolic training is.

The short definition of metabolic training is completing compound exercises with little rest in between in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

Unlike traditional weight training routines that exercise isolated muscle groups one at a time, compound exercises target multiple joints and muscles concurrently.

Only this method will raise your metabolism, burn fat and develop lean, dense muscle mass each and every day.

Best Abs and Core Movements

The one thing I will premise this information is by saying that unless you burn the fat that surrounds the abs region you will never see your abs.

You can build them and they can become stronger, but you will never see them.

You need low body fat to reveal your six-pack and you can achieve this by clean diet and exercise that will create a calorie deficit to get you lean and mean.

For men you will have razor shape abs at 6-8% body fat and for women you are looking at 12%. Nutrition will be your main factor to getting low body fat percentage, as YOU CAN’T OUT TRAIN A BAD DIET!

That being said, you can build deep dense abs with the right combination of exercises that target the entire abs and core region.
Below is a diagram of the ABDOMINAL REGION AND MUSCLES

In order to build the abs region and strengthen your core, you must use a combination of movements that together will target all the muscles in the area.

And you can leave crunches out of the equation: Crunches on the floor, Swiss Ball crunches, cable crunches, machine crunches.

Crunches are good for beginners or combat fighters who need a strong mid-section (not much though), but for the rest of us it will only improve your abs slightly. In fact you will be doing more damage to your body then good.

You see day-to-day we are always crunching and most people are “upper torso” focused. Your body does a sit up crunch movement all the time. Every time you stand from a seated position or just get out of bed you are doing sit-ups type
movements.

We are all crunched out and our abs and core region need other exercises to shock the system and develop deep dense abs.

Below are 5 of the top movements and variations that you should be doing to build strong abs and core region.

1. HANGING LEG RAISES

Hanging leg raises and its variations are the KING of abs exercises. Hanging Leg Raise works all the muscles of the midsection.

Just look at the abs from the Barstarzz, Hannibal for King and Hit from Calisthenics Kingz – CRAZY!!!

Progression for this exercise is to start with a simple hang from the bar, then move to hanging knee raises, then leg raises with your leg slightly bent and finally straight leg raises.
**How to:** 1. Hang from a chin-up bar with both arms extended using a medium grip. The legs should be straight down.

2. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so.

3. Slowly lower your legs back to just above the starting position and raise them again. Move in a slow and controlled manner when lifting and lowering, so you’re using your muscles and not gravity or momentum.

   This exercise can be really tough on your lower back if you keep both legs straight. So if you’re feeling pain, try lifting one leg at a time, or do this exercise with your knees bent. If it still hurts, stop altogether.
2. LYING LEG RAISE VARIATIONS

Leg raises are a great exercise for the lower abdominals. In fact it’s one of the best exercises to develop the “v” muscle. You know the one that separates the legs with the lower abs.

It’s called the Inguinal Crease.

So start adding Leg Raise variations to every abs workout.

The toughest point of this exercise is as soon as the legs leave the ground. As you lift your legs to 90 degrees, the resistance lessens. Try not to lift your legs past 90 degrees if you are doing straight leg raises and with other variations such as flutter kicks, keep your legs low.

Do this quickly, without touching your heels to the ground or resting. To take the stress off the lower back, you put your hands under your butt.

3. PLANKS

If you have a back injury and want to still develop abs, then start planking. Planks is a great isometric exercise that train your abs to be in a contracted state while your spine is in a neutral position. Planks will give you even development through the abs without giving you any bulk in the midsection.
How To: Get into a plank position with your elbows and forearms on the ground under your shoulders. Keep your body as straight as possible with your abs drawn in and body rigid.

4. RENEGADE ROWS

Renegade Rows is a great exercise for your obliques, waist and core. As you row the dumbbells up the obliques have to contract hard to insure that you don’t twist your waist.

The heavier you go with these, the harder your abs and obliques have to contract to fight against this twist. This will increase definition over time…without adding size.

Have the dumbbells on the ground closer than shoulder with apart and get into the pushup position on top of the dumbbells holding the handles.

Keep your body as straight as possible from your head to your toes.

Press into the ground as hard as you can with your left hand and foot and pull up with your right. Lower the dumbbell back down and alternate sides pulling up with your left hand.
Maintain core tension throughout the duration of the exercise. Do not twist at the waist.

5. ABS ROLL OUTS

Abs rollouts are great for the upper abs and core. This exercise is generally a great progression from the plank.

To perform the stability ball rolls out. Kneel behind the ball with your forearms on top. Start with your body upright and push/roll the stability ball away from you while your knees are in place and hips forward.

Do not arch your back and keep the hips and upper body straight.

To perform the roll out, Kneel behind stability ball and rest your forearms on the ball. Begin with your body upright and the push or roll the stability ball away from you while keeping your knees in place as your hips, torso and arms move forward.

Make sure you do not arch your back but keep your hips and upper body in a straight line.

Pause for a second at the furthest point, and then pull back by contracting your abdominals to the start position. Breathe out as you pull the ball back to your
body and breathe in as you roll the ball away from you.

**CONCLUSION**

The Metabolic Abs Circuits in this program will incorporate these and other exercises that will build deep, dense abs and core strength.

But remember your clean diet and metabolic exercises will help you to burn mega calories and lower your fat percentage so you can see the ripped abs.

**Metabolic Abs Blasters (MAB)**

It’s time to get down business. In this section I will explain the best ways to use these circuits, the circuit layouts and give you the list of exercises for each workout.

NOTE that you can see quick 1-minute demos of all the circuits on the Download Page – CLICK HERE

**When to Use These MAB Circuits**

People often ask me how many days a week can you train your abs. I tell them you can pretty much train them every day. The key is you cannot use the same exercises and workouts day after day and expect results…it won’t work.

If you hit different regions of your abs and core with a variety of exercises and workouts them you are safe to hit them 6-7 times per week if you want. But 2-3 will definitely suffice.

You can use each circuit at the beginning of your workout session, as part of a larger hybrid circuit at the end of your training as a finisher or on your day off as additional abs and core training.
Metabolic Abs Blaster Instruction and Protocol

The circuits are what I call my Mini Abs Blaster because they contain 5 exercises in each workout.

NOTE: My Mega Abs Blasters have 10 exercises and are killers! – See Bonus Follow Along Workout

With each circuit you will perform timed protocol. You have a choice of the

**Advanced:** Complete as many reps as possible of each exercise for 50 seconds of work followed by 10 seconds rest. After you complete all 5 exercises, rest for a minute and repeat for 1-3 rounds.

**Intermediate:** perform 40 seconds of work followed by 20 seconds rest.

**Beginners:** perform 30 seconds of work followed by 30 seconds of rest.
GymBoss Interval Timer

In order to keep time between each interval ensure that you purchase the GymBoss Interval Timer. It is an inexpensive way to keep you on point during each Metabolic Abs circuit. Learn more about GymBoss Timer [CLICK HERE](http://www.tinyurl.com/funk-gymboss)
Metabolic Mini Abs Workout List

You can get a demo video of each workout on the download page – CLICK HERE

**Metabolic Abs Workout #1 "Plank Power"**
1. Plank
2. Side Plank
3. Side Plank
4. Plank Arm Raises
5. Plank with Leg Raises

**Metabolic Abs Workout #2 - "Raise the Roof"**
1. Leg Raises
2. Leg Holds
3. Flutter Kicks
4. Scissors
5. Alternating Single Leg Raises

**Metabolic Abs Workout #3 - "Hang Five"**
1. Hanging Leg Raises
2. Hanging Knee Raises
3. Hanging Side to Side Oblique Raise
4. Hanging L-Sit
5. Hanging Runners

**Metabolic Abs Workout #4 - "Swiss Army Abs Blast"**
1. Swiss Ball Stir the pot
2. Swiss Ball Roll Ups
3. Swiss Ball Hip Thrusts
4. Swiss Ball side plank - Left
5. Swiss Ball Side Plank - Right
**Metabolic Abs Workout 5 - "Midsection Mega Madness"**
1. Bench in and Outs
2. V-Ups
3. Abs Wheel Roll Outs
4. Renegade Rows
5. Bench Bicycle Runs

**Metabolic Abs Workout #6 - Washboard Wickedness**
1. Hanging Leg Raises
2. Swiss Ball Jackknife
3. DB Renegade Rows
4. Swiss Ball Roll Outs
5. Heavy DB Farmers Walk

**Metabolic Abs Workout 7 - Dumbbell Destruction**
1. DB Bicycle Punches
2. DB Wood Chop Right
3. DB Wood Chop Left
4. DB Russian Twists
5. DB Overhead Twists

**Metabolic Abs Workout 8 – Oblique Overload**
1. Side Plank Right
2. Side Plank Left
3. V-Sit Holds
4. Bird Dog (Right arm - Left Leg)
5. Bird Dog (left Arm - Right Leg)

**Metabolic Abs Workout 9 – Blast Master Abs**
1. Plank Build Pull Thurs
2. Push Up Holds Alternating Leg Raise
3. Push Up Hold
4. Side to Side Push Up Walks
5. Plank Builds
BONUS WORKOUT

Metabolic Mega Abs Blaster Workout – Follow Along Finisher

Perform each exercise for 30 seconds followed 5 sec transition.

1. Abs and Obliques In and Outs
2. Windshield Wipers
3. Hip Thrusts
4. Knee Grabs
5. Foot Grabs
6. Sit Up 1-2 punch
7. Leg Raise Holds
8. Spring Ups
9. One Leg V-Ups Alternating
10. Alternating Side to Side Planks
WHO IS FUNK ROBERTS

Marc “Funk” Roberts, President and Owner of Funk Roberts Fitness, is a former Professional Beach Volleyball player turned Fitness trainer. Funk is an online fat loss expert that helps thousands of people worldwide burn unwanted fat while building lean muscle through his website, videos, articles, media and fitness products.

Funk is a Certified Metabolic Training Expert, MMA Conditioning Coach Kettlebell Specialist, Celebrity Fat Loss Expert and Personal Trainer. He was just named one of America’s Premiere Experts and will be seen on ABC, NBC, CBS and Fox TV Affiliates in the summer of 2013.

Funk has been a featured trainer in a few fitness training DVD’s and has produced his own online products such as, Elite Strength and Conditioning for Combat Athletes, Funk’s 6 Week Jump Training Program and the newly launched Spartan Training System 10 Week Fat Loss Program.

Funk is passionate about helping people transform their body and educate them on how to lead a healthy lifestyle. His mission is to help 500,000 people by the end of 2014 change their life’s using fitness, nutrition and motivation.

His over 30 years of training, expertise, research and experience has made the difference in helping others change their lives for the better.

Funk has amassed a large following both through his website and social media. Each week Funk connects to over 300,000 combat and sports athletes, fitness enthusiast, trainers and coaches on a weekly basis, with new workout videos, fitness and performance tips, nutrition advice and motivation in an effort to help people check their fitness goals.

He continues to learn and improve his skills so that he can supply the best information and contribute to the fitness community and help people make a difference in their lives.

At a young 45 years old, Funk is married and has 2 older children. His passion is training men, women, teens and athletes, helping people transform their lives, travelling and spending time with his wife and family.
How To Reach Funk Roberts

SOCIAL MEDIA

FunkMMA Strength & Conditioning Workouts: http://www.funkmma.com

Funk Roberts Fitness Blog: http://www.funkrobertsfitness.com

YouTube: http://www.youtube.com/user/marcroops

Facebook: https://www.facebook.com/funkmma

Instagram: http://www.instagram/funkroberts

Twitter: @FunkMMA