

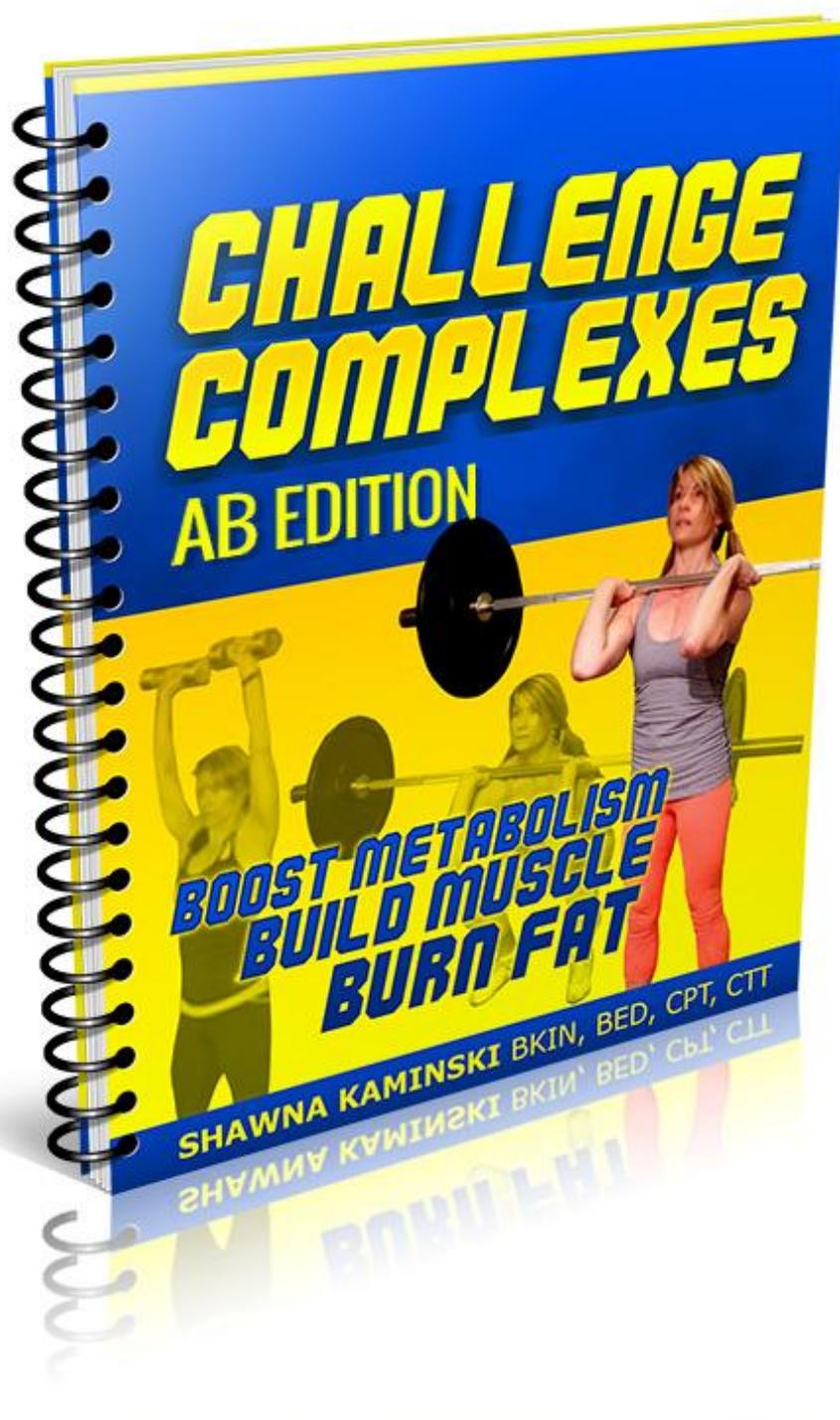
# CHALLENGE COMPLEXES

AB EDITION

BOOST METABOLISM  
BUILD MUSCLE  
BURN FAT

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ШАВНА КАМИНСКИ ВКІІ, БЕД, СРТ, СТТ



## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. 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 perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

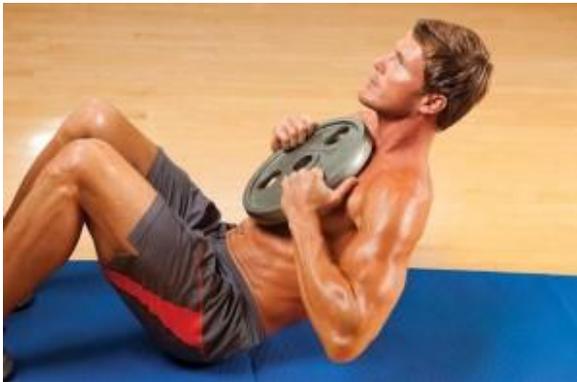
## Challenge Complexes – Ab Edition

I've been paying attention to what I see people doing for their abdominals and I'm so disappointed that there continues to be SO much mis-information out there.

I know that people don't knowingly waste their time doing ineffective movements. No one wants to spend hours doing useless exercise or worse yet, hurt him or herself.

So it tells me that people are just uninformed. It started with my son, Sam, asking me the other day, "Mom, do you do weighted abs?"

A little background on Sam: Sam and I spend a good deal of time discussing training. He's 17 years old and is becoming pretty dedicated to fitness. He said, 'Mom, I see why you love training. There are so many things I can do, it's so much fun to see how I'm getting stronger every day.' (Proud mom moment: I did something right there.)



Ok, back to the question...Weighted abs? Yay or nay?

To me doing weighted abs is a pretty old school abdominal training method. I STILL see several people doing these movements at the gym. Things like hooked feet and a plate being held at the chest for sit ups, weighted side bends and I see a line up at weighted ab machines.

Let's discuss why the concept of doing weighted abs is flawed.

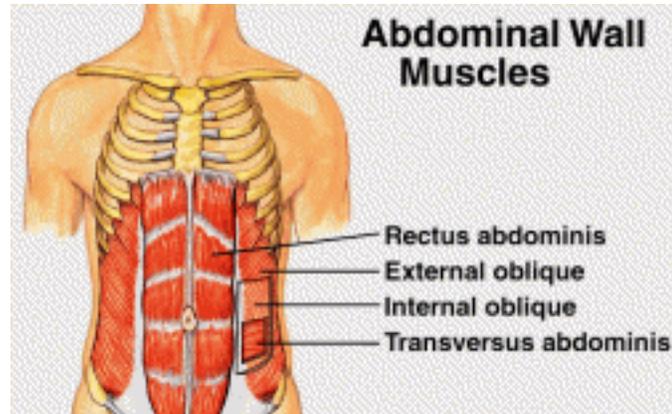
First off, the weighted sit up...

I know you know this, but the sit up, especially with hooked feet, will tax the hip flexors more than the abdominals. The rectus abdominus will fire, yes, you'll get a burn in your abs, but you also potentially can strain the back, especially when adding a 25-45lb plate to the load. Your possibly already-too-tight-hip flexors will carry the majority of the load as well.

Any weighted side bends are also on the 'nay' list. The spine isn't designed to sustain the sheer that this movement causes. Again, the impetus for potential back strain is there.

Any machine that has your legs locked in a position while you do forward or side flexion is potential for back injury.

Get the message? Your back can be seriously strained while your abdominals aren't seriously taxed. The risk to benefit ratio is far too high with these movements.



\*If you experience back pain, here's a fantastic resource ['Fix My Back Pain'](#)

Another reason these exercises aren't very effective is that they may work the abdominal wall, but more likely, they work muscles like the hip flexors (usually already too tight due to excessive sitting).

The quiet and shy muscle, the transverse abdominus will not fire under these loaded positions.

Let me introduce you to the transverse abdominus, hidden under those other ab muscles...

The transverse abdominus is a muscle that, when strong, aids with core stability and reducing back pain and strain. Any movement that involves planking will help get this muscle firing.

The complexes in this program will utilize positions that will help you fire the shy TA or transverse abdominus.

The key to getting your abdominals to 'show' is not just an abdominal exercise, but burning calories and raising metabolism efficiently while targeting the abdominals. The beauty of Challenge Complexes: Ab Edition is that it's like doing HIIT or burst training. Doing fantastic 'ab'-type exercise is just not enough. In addition to strengthening the core, you need to raise metabolism sufficiently. This pushes you into the 'after burn' situation where you'll continue to burn calories long after your workout is done. This is where MORE fat burning magic happens.

The other surprising aspect of Challenge Complexes: Ab Edition is that you will unknowingly target your abs when doing OTHER 'non-traditional' exercises. Your core is the basis of strength for ALL moves. Bodyweight and full body movements, ones that don't use machines of any sort, are brilliant for strengthening and burning the necessary calories to reveal the beautiful core muscles. There's NO NEED for fancy equipment. You can get a fantastic workout with just your bodyweight and possibly a dumb bell or barbell.

As the name may not imply, these are **complex-like** routines. Some are bodyweight, some will utilize a barbell, a set of dumb bells or even a pull up bar. Exercises flow from one to the next, there may be portions of the circuit that use equipment and other portions that require just body weight. You can be sure that your core will be feeling the love after each circuit.

Ready to rock your abs?

Make sure to warm up sufficiently prior to starting the workout. This is implied and not listed in the manual. You can do an entire complex with a very light load to warm up. Alternatively, here's a great warm up (or follow along in the warm up video for the basic program):

### **Bodyweight Warm-up**

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

### **Cool it down**

You'll want to add some gentle stretches after your workout is done. Do NOT bounce on any stretch. Hold a stretched position for 15-30 seconds. Let gravity do the work as much as possible for any passive stretch.

## **How do I implement Challenge Complexes: Ab Edition into my training?**

The great thing about these challenge complex workouts is that they can be used as a stand-alone program or they can supplement a plan that you're already using. (Actually this is the case for ALL challenge workouts.)

First, let's look at how Challenge Complex would look if it's a stand alone plan, that is, if you're ONLY using the Challenge Complex program.

You can do a complex workout daily.

**My suggestion is to do the workouts in progression, train 4-5 days a week, taking a day of active rest off when necessary.**

You can swap in any of the Challenge Complexes or Challenge Complexes Olympic Edition as well. This way you'll have endless variety between barbell, dumb bell, kettlebell, ab and Olympic lift workouts.

If you're using Challenge Complexes: Ab Edition as a supplementary program, especially if you're using it in conjunction with a resistance-training program, then you'll use the complexes program a bit differently.

They are great in a split like this:

Day 1 – push  
Day 2 – legs  
Day 3 – pull  
Day 4 – off  
Day 5 – Challenge Complex workout  
Repeat cycle

OR

Day 1 – upper body  
Day 2 – legs  
Day 3 – off  
Day 4 – Challenge Complex workout  
Repeat cycle

OR

You can add a short complex in as a 'finisher' to ANY workout, this will torch fat like no cardio can ever do.

### **Important terms:**

**AMRAP style** – this means 'as many rounds as possible'

**RIST** – reps in specific time

**FUW** – finish up with

### **Workout 1 Abs Walk This Way (AMRAP Density sets)**

Equipment: timer

Do the following exercise AMRAP style in 5 min:

- One plank walk out to 10 per leg cross body mountain climbers
- One plank walk out to 10 push ups
- One plank walk out to 10 plank jacks

Do maximum burpees for 2 min.

Repeat both sets one or two more times.

\*Note: If you have sensitive wrists, place the dumb bells in front of you. Walk the hands forward and place on the dumb bells. Do all the exercises holding the dumb bells. This will also neutralize the grip and ease excessive wrist extension.

### **Workout 2 Rolling Along (AMRAP Density sets)**

Equipment: barbell

Do the following exercises AMRAP style in 5 min.

- 5 Spiderman push up (per side)
- 5 Ab roll out
- 5 Prone windshield wiper (per side)
- 5 Weighted burpee

Rest up to one minute. Repeat one to two more times.

### **Workout 3 Don't Leave Me Hanging (Timed Sets)**

Equipment: pull up bar, timer

Set your timer for 30/05 for 8 sets. Do the following:

- Burpee hanging leg raise
- Plank
- Oblique hanging leg raise
- Side plank
- Oblique hanging leg raise
- Other side plank
- Windshield wiper – hanging (go to prone windshield wiper with barbell if this is too difficult)
- Rest 30 seconds and change your timer to 20/10

Mountain climber tabata 20/10 for 8 sets

Repeat both sets two to three times.

### **Workout 4 Look Ma, One Hand (Timed Sets)**

Equipment: bodyweight, timer, jump rope

Set your timer for 30/05 for 10 sets

- One arm front plank (right arm on back or reaching forward, straddle legs if necessary)
- Left arm side plank (lift top leg and arm to increase intensity)
- One arm front plank (left arm reaching forward, straddle legs if necessary)
- Left arm side plank (lift top leg and arm to increase intensity)
- Front plank with left leg elevated
- Side plank with left leg elevated
- Front plank with right leg elevated
- Side plank with right leg elevated

Do 1 min jump rope.

Repeat both sets.

### **Workout 5 Finish Strong (Timed Sets)**

Equipment: bodyweight, timer

Set your timer for 2 minutes work, 30 seconds recovery. You have 2 minutes to do the first 3 exercises and **FUW (finish up with)** the 4th exercise (jump rope) until the 2 minute time is up.

1. 10 Plank jacks
2. 5 Walk out cross body mountain climber
3. 5 burpees
4. FUW – Jump rope

Rest 30 seconds and repeat 5-8 rounds.

### **Workout 6 Abs on the Barbie (Ladder Sets)**

Equipment: Barbell

Perform 10 reps of each exercise, then count down 8, 6, 4, 2. If you're a beast, count back up the ladder. Rest as little as possible between sets.

- Weighted burpee
- Ab roll out
- Mountain climbers on bar (per side)
- Prone windshield wiper (per side)

### **Workout 7 Ab Wipe Out (Ladder Sets)**

Equipment: pull up bar, jump rope

Perform 10 reps of each exercise, then count down 8, 6, 4, 2. If you're a beast, count back up the ladder. Rest as little as possible between sets.

- Hanging windshield wiper (prone windshield wiper if hanging is too tough)
- Cross body mountain climber on floor (per leg)
- Hanging oblique lift (shoe touch if you have no bar)
- Get up (per arm)
- Double jumps with jump rope (if you can't do double jumps, quadruple the number of reps and do single jumps) Replace with squat jumps if you have no rope.

### **Workout 8 - Mo Planks (Ladder Sets)**

Equipment: DB

Get ups 5 per side

Renegade row 5 per side

Weighted burpee 10

Cross body mountain climber 10 per leg

Prone windshield wiper 10 per side

Rest 30 sec to one minute.

Repeat up to 5 times.

### **Workout 9 Six Sexy Reps (RIST set - reps in specific time)**

Equipment: Barbell, timer

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set.

Do 6 reps of each exercise every 2 min. Rest in any remaining time until the 2 minute mark is up. Then do a one minute plank.

Overhead squat  
Weighted burpee  
Ab roll out  
Prone windshield wiper (3 per side)

Repeat this circuit 4 – 6 times.

Example:

Set a timer for 2 min/1 min repeats for 5 rounds. Start the countdown timer from 2 min. Do 6 overhead squats, ab roll outs, weighted burpee, prone windshield wiper (3 per side). If this takes 90 seconds, rest the remaining 30 seconds. Do a plank for one minute. Repeat four more times.

### **Workout 10 Up N Down N Side to Side (RIST set - reps in specific time)**

Equipment: barbell, timer

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set.

Do 8 reps of each exercise every 2 min. Rest in any remaining time until the 2 minute mark is up. Then do a one minute plank.

Front squat  
Spiderman push ups on bar (8 total reps, 4 reps per leg)  
Weighted burpee  
Mountain climber on bar (8 total reps, 4 per leg)

Repeat this circuit 4 – 6 times

Example:

Set a timer for 2 min/1 min repeats for 5 rounds. Start the countdown timer from 2 min. Do 6 overhead reverse lunges, spiderman push ups, weighted burpee, Mountain climber on bar (6 per leg). If this takes 90 seconds, rest the remaining 30 seconds. Do a plank for one minute. Repeat four more times.

### **Workout 11 Lumber Jack (Timed Sets)**

Equipment: DB, timer

Set timer for 30 seconds work with a 5 second transition for 24 sets. Use the same DB weight for all. Rest after entire set for 30 seconds.

- One arm overhead squat
- DB swing
- Other arm overhead squat
- DB swing
- DB wood chop
- DB swing
- Other side wood chop
- Rest 30 seconds

Repeat 3-5 times

### **Workout 12 Raise the Roof (Ladder Sets)**

Equipment: DB

Choose a DB that you can use for every movement.

Set 1, do 10 reps of each exercise.

Set 2, do 8 reps of each exercise

Set 3, do 6 reps of each exercise

Set 4, do 4 reps of each exercise

Set 5, do 2 reps of each exercise:

- 1 arm DB row
- 1 arm push press
- 1 arm overhead squat
- Wood chop
- DB swing (double reps)
- Wood chop other arm
- 1 arm overhead squat other arm
- 1 arm push press other arm
- 1 arm DB row other arm

Rest 30 seconds to one minute between sets as needed.

### **Workout 13 Suck It Up (RIST set)**

Equipment: barbell

Set your timer for 2 minutes. Do 4 reps of the following exercises in the 2 minutes, rest in whatever time is left over.

- 4 Overhead squats (if form falls apart, do a front squat)
- 4 Ab rolls outs
- 4 Spiderman push ups on bar (2 per side)
- 4 Weighted burpee

Repeat up to 10 sets.

### **Workout 14 Lift, Chop 'n Spin (Ladder set)**

Equipment: pull up bar, DB, jump rope

- Set 1, do 5 reps of each exercise.
- Set 2, do 4 reps of each exercise
- Set 3, do 3 reps of each exercise
- Set 4, do 2 reps of each exercise
- Set 5, do 1 reps of each exercise:

Hanging leg raise 2-3 second eccentric (do prone reverse hip lift if you have no pull up bar)

DB wood chop one side

DB wood chop other side

DB washing machine (per side)

20 double jumps or 60 regular jumps with skipping rope OR 20 squat jumps

## **Workout 15 DB Rotisserie (Rep and rounds)**

Equipment: DB

Do 5 reps of each:

Renegade row

Side plank with side clean n press

Curl up with DB

Side plank with side clean n press

Renegade row

Sit out (per side)

Get ups (per arm)

Burpees

Rest 30 seconds to one minute

Repeat up to five rounds