

7-DAY

# abs

TRANSFORMATION  
PLAN



foodspring®

# “Abs”

Yeah, we know what you're probably thinking. Brad Pitt's physique in *Fight Club*. Or underwear billboards. Or the last MMA fight you caught on TV. Or simply your Instagram feed on a daily basis. When most of us see that three-letter word, we imagine midsections so impossibly shredded, so defined and muscular, and so firm and flat that you could practically bounce bowling balls off them.

Now, if carving your stomach is a goal, then good for you. (And don't miss our detailed guide for getting those visible six-pack abs you've always wanted.) But the truth is, there's more to having a really strong core than simply looking amazing. According to Harvard Medical School, your core isn't just a muscle group—it's the “sturdy central link in a chain connecting your upper and lower body.” Strengthening your core and abs strengthens your life, from improving your posture and flexibility to making you better at pretty much every single fitness activity or sport on two feet—whether that's running, strength-training, mountain biking, swimming, playing football, or simply walking to work.



Suffice it to say, if you've got a weak core, the reverse happens. Weak core muscles mean that your shoulders, torso, and hips won't work together as efficiently, which can lead to poor posture, as well as back and neck pain.

Leading researchers from Taiwan found that a strong core vastly reduces long-standing back issues. (As part of that study, subjects with chronic back pain were able to partially alleviate it through strength training—especially if they trained their deep and core muscles.) And let's face it: Maintaining a strong and stable core is even more more important as you age.



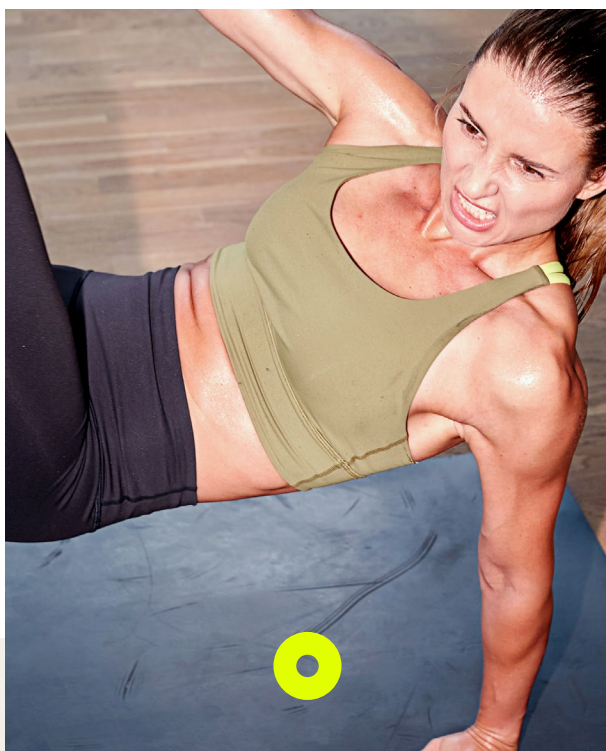
This is why it's hugely important that you have the right plan for rattling—and ultimately transforming—your core. Over the next 7 days, we're only asking for 15 minutes of time per day to put this plan into action. Easy, right?

This plan is unique because it can be added to any training plan and ensures you finish your workout with a truly epic core scorcher. We've handpicked the best core workouts to leave you strong, energised, and ready to take on any challenge. After those 7 days are up, you'll have started building a foundation, but you have to keep it up to see results. This plan is designed to kick start your abs and core. So if you're looking for a six-pack it will take more time—and careful nutrition. Check out the last page for a plan to transform your abs and core after you've mastered the foundations we've set out in this 7-day challenge.

Our Abs Transformation Plan is a minimal-equipment workout that you can do at home or on the road. Bonus: It's not so crazy-intensive that it should replace your regular routine. In fact, it's better if you supplement your existing regimen with our abs-targeted plan.

Just complete the workouts before your cardio training, after your strength training, or on your rest day. Find the right intensity for you and your fitness level. At the end of the week of workouts, we'll give you everything you need to incorporate these exercises into your existing workout routine. Because an all-round strong core takes time and continuous effort. And we promise it's way more fun than doing 300 crunches a day.

**READY TO GET GOING?**



What you need	1 mat, 1 foam roller
When you'll train	5 times a week
How long each session will last	approx. 15 minutes



## Your workouts at a glance:

Day 1: **Workout**

Day 2: **Workout**

Day 3: **Mobility Training or Rest Day**

Day 4: **Workout**

Day 5: **Workout**

Day 6: **Mobility Training or Rest Day**

Day 7: **Countdown**



**TIP**

Is your goal to get a six-pack? If that's the case, then your diet also plays a decisive role alongside your training. The lower your body fat percentage, the more visible your six-pack will be. Here you'll discover the best tips about nutrition and training for washboard abs.



<b>DAY 1</b>	3 x 40 sec T-Plank 3 x 15 Hyperextensions 3 x 40 sec Hollow Hold	3 x 40 sec Bear Crawl 1 x >30 sec Tabletop Leg Press
<b>DAY 2</b>	3 x 30 sec Diagonal Hold 3 x 15 Bird Dog 3 x 40 sec Forearm Plank Rock	3 x 40 sec Dead Bug 1 x >30 sec Tabletop Leg Press
<b>DAY 3</b>	3 x 8 Cat & Cow 3 x 8 Quadruped Downward Rotation	3 x 8 Cobra 3 x 8 T-Spine Windmill Stretch
<b>DAY 4</b>	3 x 40 sec Military plank + T-Plank 3 x 15 Hyperextensions	3 x 40 sec High Boat to Low Boat 3 x 40 sec Bicycle Crunches 1 x >30 sec Tabletop Leg Press
<b>DAY 5</b>	3 x 40 sec Forearm Plank Rock 3 x 15 Bird Dog 3 x 15 ISO Crunch	3 x 40 sec Lateral Plank Walk 1 x >30 sec Tabletop Leg Press
<b>DAY 6</b>	3 x 8 Cat & Cow 3 x 8 Quadruped Downward Rotation	3 x 8 Cobra 3 x 8 T-Spine Windmill Stretch
<b>DAY 7</b>	10 x T-Planks 9 x Hyperextensions 8 x Military Plank 7 x ISO Crunch 6 x Bird Dogs	5 x Bicycle Crunches 4 x Lateral Plank Walks 3 x Dead Bug 2 x 30 sec Elbow Plank 1 x >30 sec Tabletop Leg Press

**TIP**

Did you know that exercises like squats, deadlifts and lunges also train your core muscles? Basic exercises are ideal if you want a fit and all-round strong body.

If you're looking for a 360-degree plan that'll get you in shape from top to bottom—core included—our [21-Day Total Body Challenge](#) is just the thing for you.

# Here's How It Works



## **NUMBER OF REPETITIONS AND PAUSES BETWEEN SETS:**

3x40 seconds of T-planks means that you do a total of 3 sets of this exercise, each one lasting 40 seconds, pausing for 20 seconds between sets. Exercises like hyperextensions and bird dog are all about repetitions, or reps. 3x15 reps of hyperextensions means you do a total of 3 sets, with 15 reps per set, pausing for 60 seconds between sets.



## ACTIVE REST DAYS:

Your core muscles also need to rest so that they can get stronger. Remember, you can always give yourself a day off if your body needs it.

But a rest day doesn't have to mean doing nothing at all, so we've put together a short mobility workout for you to mobilize your spine — it's perfect for an active rest day.



## TABLETOP LEG PRESS CHALLENGE:

You'll find a small challenge at the end of each training session. The tabletop leg press is a static exercise; hold it for as long as you can without letting your technique slip. Start with at least 30 seconds and try to gradually increase your time in the position with each workout.

### COUNTDOWN WORKOUT

For the last day of our training program, we've prepared something very special for you. Our countdown workout will take you to your personal limit.

## WARM UP & COOL DOWN:

If you use the workouts as a finisher, you won't need to warm up. If you do the workout on its own, feel free to warm up with the mobility exercises we've given you for the active rest day.

Don't skip the cool-down, either—it jump-starts recovery, gradually slows down your cardiovascular system and switches your muscles to recovery mode. [Learn how to cool down here.](#)



## CUSTOMIZE YOUR TRAINING:

Each exercise has an easier and a harder variation, so you can adapt the workout to your fitness level. Make it more challenging by increasing the number of sets, holding the exercise for longer, or completing more reps.

### THE RIGHT TECHNIQUE

All of the exercises in the plan come with a photo and a description. Click the link to see the video.



## HAVE YOUR WATER BOTTLE WITHIN EASY REACH:

It's important to hydrate—we recommend water or our [Energy Aminos](#). Besides their refreshing taste, they also deliver essential amino acids to your muscles.

## TAKE THE RIGHT SUPPLEMENTS:

If you want to get the most out of your training, we're all over it. Our top recommendations for the 7-Day Abs Transformation Plan are:

[Whey Protein](#)  
or  
[Vegan Protein](#)

[Energy Aminos](#)

[Recovery Aminos](#)

[L-carnitine](#)





If you're not sure how and when to use  
our products for the best results, then don't worry!  
Keep reading, and we'll explain  
how to combine them with your workout.

# Let's Go!

## YOUR EXERCISES

EXERCISE	WORKOUT	REST	SETS
T-Plank	40 sec	20 sec	3
Hyperextensions	15 reps	60 sec	3
Hollow Hold	40 sec	20 sec	3
Bear Crawl	40 sec	20 sec	3
Tabletop Leg Press	>30 sec	-	1

### TIP

Remember to breathe so that your core muscles get plenty of oxygen. Exhale through your mouth during exertion, such as when you're opening up to the side for the T-plank. Then inhale through your nose again when you come back toward the center. During static exercises like the hollow hold, continue to breathe evenly, in and out.



## T-PLANK



Place your hands below your shoulders so that your body forms a straight line, parallel to the floor. Open to the side alternately, extending one arm upward.

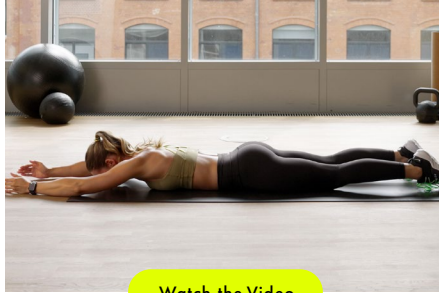
**Easier:** Place your knees on the ground.

**Harder:** Lift one leg as you open to that side.

### REMEMBER

Perform the exercise slowly, with control.

## HYPEREXTENSIONS



Lie on your stomach with your feet shoulder-width apart, your arms over your head, and your thumbs pointing toward the ceiling. Now lift your legs, your upper body, and your arms off the floor.

**Easier:** Lift one arm and the opposite leg, alternating sides.

**Harder:** Hold the position for 3 seconds.

### REMEMBER

Try to keep your core rigid as you move and look towards the floor.

## HOLLOW HOLD



Lie on your back with your arms extended overhead and your legs straight. Engage your entire body and lift your arms, shoulder blades, and legs off of the floor. Round your back, from your shoulders to your glutes.

**Easier:** Extend your arms forward.

**Harder:** Opt for the hollow body rock variant where you rock back and forth in a controlled manner, keeping your back rounded.

### REMEMBER

Actively press your lower back against the mat.



## BEAR CRAWL



Start on all fours with your heels raised. Lift your knees off the ground a little and take small, synchronized steps forward. After 4 steps, reverse to your starting position.

**Easier:** Instead of moving forward and backward, hold the position with your knees raised off the ground a little.

**Harder:** Opt for the Dragon Walk exercise. Starting in a high plank position, place your right hand a little further forward and lift your left leg up in the air. Pull your left knee sideways toward your upper body and do a push-up in this position. Then repeat with your left hand and right knee moving slowly forward.

### REMEMBER

Keep your back flat – imagine you have a glass of water on your back.

## TABLETOP LEG PRESS



[Watch the Video](#)

Lie on your back, lift your feet off the floor and bend your legs. Lift your shoulder blades off the floor, place your palms on your knees and press forcefully against them. At the same time, try to pull your knees towards your chest. Hold this counter tension for at least 30 seconds or longer. With each workout, try to improve and hold the position longer.

### REMEMBER

Actively press your lower back against the floor and continue to breathe in and out calmly.



Minimum  
equipment,

maximum  
results

# Feel the Burn in Your Core

## YOUR EXERCISES

EXERCISE	WORKOUT	REST	SETS
Diagonal Hold	30 sec (each side)	20 sec	3
Bird Dog	15 reps (each side)	60 sec	3
Forearm Plank Rock	40 sec	20 sec	3
Dead Bug	40 sec	20 sec	3
Tabletop Leg Press	>30 sec	/	1

### TIP

Your core muscles also need enough protein to make them stronger. They are especially sensitive to protein intake immediately after training. Why not mix yourself a delicious [Whey Protein](#) or [Vegan Protein](#) shake. Our protein shakes provide you with about 24 g of protein per serving and contain all the essential amino acids your body needs.



## DIAGONAL HOLD



You need a foam roller for this exercise. Lie down on your back. Bend your right leg and place a foam roller between your right knee and left elbow. Try to squeeze the foam roller together while your left leg and right arm remain extended. Hold the position and then change sides.

**Easier/Harder:** Adjust the time you're squeezing the foam roller to your fitness level.

### REMEMBER

Keep your lower back actively pressed against the mat.

## BIRD DOG



[Watch the Video](#)



Start on all fours. Your palms are placed under your shoulders and your knees under your hips. Tighten your core muscles, then extend your right leg backward and your left arm forward. As you exhale, bring your knee and elbow toward each other and then, as you inhale, extend them outward again.

Switch sides after 15 repetitions.

### REMEMBER

The toe of the leg that is stretched backwards should be pointing towards the floor. This will keep your hips straight.

## FOREARM PLANK ROCK



[Watch the Video](#)



Start in a forearm plank position with the foam roller under your forearms. Make sure your core muscles are activated. Hold the position without lowering your pelvis and use your arms to push the foam roller back and forth.

**A tip for making it easier:** Rest your knees on the floor.

### REMEMBER

Your body should form a straight line, parallel to the ground.

## DEAD BUG



[Watch the Video](#)



Lie on your back. Stretch out your right leg and left arm diagonally. Raise your left knee up and lift your right arm over your head. Then change sides.

**Easier:** Extend both arms toward the ceiling and keep them there while you stretch out alternate legs.

**Harder:** Extend both arms toward the ceiling while holding a weight. Extend and raise your legs toward the ceiling, slowly lower both legs towards the ground at the same time and slowly bring them back up.

### REMEMBER

Keep your lower back pressed against the floor.



# Sweat strong



# Time for Active Rest

## YOUR EXERCISES

EXERCISE	WORKOUT	REST	SETS
Cat & Cow	8 reps	30 sec	3
Quadruped Downward Rotation	8 reps (each side)	30 sec	3
Cobra	8 reps	30 sec	3
T Spine Windmill Stretch	8 reps (each side)	30 sec	3

### TIP

Give yourself and your core muscles a break. Remember, muscles regenerate and grow during the recovery period, which you can optimize with our [Recovery Aminos](#). They provide you with plant-based BCAAs combined with readily available carbohydrates—ideal for when you’ve finished your mobility training.



## CAT & COW



Watch the Video



Start on all fours with your hands below your shoulders and your knees below your hips. Exhale as you round your back, tucking your chin slightly towards your chest, then inhale as you lengthen your back again, hollowing it slightly.

## QUADRUPED DOWNWARD ROTATION



Watch the Video



Stay on all fours. Place your right hand on your head and open your upper body outward, pointing your elbow to the ceiling. As you exhale, rotate your upper body inward, pointing your elbow downward. Then change sides.

## COBRA



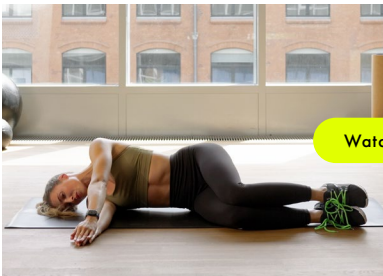
[Watch the Video](#)



Lie down on your belly with your palms on the floor to the sides of your chest. Extend your legs on the floor and press the tops of your feet firmly into the mat.

Lift your sternum forward and upward using your back muscles. Keep your elbows tucked in close to your body.

## T SPINE WINDMILL STRETCH



[Watch the Video](#)



Lie on your side and bend your legs, resting them on the floor. Extend both your arms forward with your palms together. Raise the arm on top and make a large semicircle over your head to the other side, opening your upper body, until both arms are stretched out to each side of your body, then reverse to return to the starting position.



Feel  
your  
strength  
o

# Keep Going!

## YOUR EXERCISES

EXERCISE	WORKOUT	REST	SETS
Military Plank + T-Plank	40 sec	20 sec	3
Hyperextensions	15 reps	60 sec	3
High Boat to Low Boat	40 sec	20 sec	3
Bicycle Crunches	40 sec	20 sec	3
Tabletop Leg Press	>30 sec	/	1

### TIP

Today we'll take it up a notch! You can expect new exercise combinations that will once again put your core to the test. Our Energy Aminos are your ideal training partner for this core workout and will provide you with the essential amino acids and caffeine. Giving up was so yesterday.

From now on, we're pulling through!



## MILITARY PLANK + T-PLANK



[Watch the Video](#)



Combine the T-plank with a military plank. After opening to the side, you'll head back to the high plank and lower yourself onto your forearms. From here it goes step by step, upwards, on the palms of your hands. Then you open up to the other side.

**Easier:** Keep your knees on the floor.

### REMEMBER

Move slowly, and consciously tense your abs and glutes to maintain stability.

## HIGH BOAT TO LOW BOAT



Watch the Video



Start on the floor with your knees bent and your feet on the floor. Tighten your abs, keep your back flat, and slowly lift your feet off the floor with your arms stretched out in front. You are now in high boat. From this position, extend your legs forward and lean your upper body back until your shoulder blades and legs are floating just above the floor. This position is called low boat. Hold it for one breath and then come back to high boat.

**Easier:** Stay in high boat and hold the position.

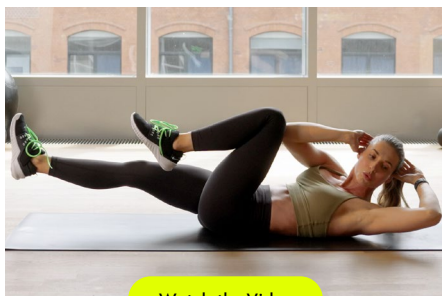
**Harder:** Go a little lower in low boat and keep your legs extended in high boat as well.

### REMEMBER

Stop lowering when you can no longer maintain tension in your abs and your back starts to hollow.



## BICYCLE CRUNCHES



Lie on your back with your fingers to your temples and your knees bent in the air. Lift your upper body slightly off the floor. Now bring your right elbow to your left knee and then your left elbow to your right knee.

**Easier:** Alternately place your feet on the floor, instead of keeping your legs in the air.

### REMEMBER

Turn your upper body towards your knees, keeping your shoulder blades off the ground.



**Strong  
core,**

**strong  
foundation**  
◦

# Give It Your All!

## YOUR EXERCISES

EXERCISE	WORKOUT	REST	SETS
Forearm Plank Rock	40 sec	20 sec	3
Bird Dog	15 reps (each side)	60 sec	3
ISO Crunch	15 reps (each side)	60 sec	3
Lateral Plank Walk	40 sec	20 sec	3
Tabletop Leg Press	>30 sec	/	1

### TIP

Although our workouts will strengthen your core muscles, your diet is crucial for defined abs. Determine your daily energy requirement and adjust your diet to your personal goal. Our delicious fitness recipes will help you with this!



## ISO CRUNCH



[Watch the Video](#)



Start by lying on your back. Clamp the foam roller between your right elbow and right knee, then lift your left arm and leg off the floor. Bring your left elbow and left knee toward each other and then away from each other. Change sides after each set.

**Easier:** Place one leg on the ground and only work your arms.

### REMEMBER

Keep your lower back pressed to the floor. Exhale when you bring your elbow and knee together.

## LATERAL PLANK WALK



[Watch the Video](#)



Get into a high plank position with your feet close together. Move your arms and legs alternately to move four steps to the left and four to the right, repeating the process.

**Easier:** Start on all fours and lift your knees off the floor. Move sideways by moving your arms and legs alternately.



# Give Yourself a Break

Sit back and enjoy your rest day. If you want to stay active, you are welcome to participate in our mobility training.



## TIP

Make time for regular mobility training, no matter if it's on your rest day or before your training. Good mobility allows you to perform an exercise to its full extent. If you lack mobility in one joint, the other factors involved in the movement will also be affected. Your muscles and fascia can suffer, as can your strength, endurance, coordination and stability. The risk of injury also increases. All good reasons to do mobility training regularly.







# The Countdown is On

Today is the last day and we have prepared something very special for you.

Our countdown workout is designed to push you to your personal limit.

You complete 10 reps of the first exercise, 9 of the second and so on, until you end up at 1 rep. You won't get a break between exercises. After you complete the first round, you can rest for 60 to 90 seconds before moving on to the next round. Complete as many rounds as possible – how many will you manage?

## YOUR EXERCISES

EXERCISE	WORKOUT	EXERCISE	WORKOUT
T-Plank	10 reps (each side)	Bicycle Crunches	5 reps (each side)
Hyper- extensions	9 reps	Lateral Plank Walks	4 reps (each side)
Military Plank	8 reps (each side)	Dead Bug	3 reps (each side)
ISO Crunch	7 reps (each side)	Elbow Plank	2 x 30 sec
Bird Dog	6 reps (each side)	Tabletop Leg Press	1 x as long as you can



TIP

Our L-carnitine is your ideal partner for sweaty workouts. It is a semi-essential protein compound of the two essential amino acids methionine and lysine. L-carnitine's main function is to transport long-chain fatty acids to the mitochondria—the power houses of cells—where they are converted into energy. L-carnitine is almost exclusively found in meat and dairy products. If you're vegetarian or vegan, it can be harder to get L-carnitine from foods. That is why we use purely vegan capsule cases made from natural cellulose. Simply take 3 capsules in the morning or before a workout with plenty of liquid.



# Where Do We Go from Here?

Done! You've completed your workout for 7 days and made your core muscles burn. Be proud of yourself! It's probably no big surprise to you that your path to a strong core isn't over yet. It's just the beginning. To achieve your goal, it takes time and regular training.



## HOW SHOULD YOU CONTINUE TO TRAIN?

Supplement your training with our workouts and use them as finishers. It is best to do it 2 to 3 times a week. Pick your favorite workouts and exercises and mix them up as they work different areas of your core muscles.

Try to increase the training intensity over time by doing an exercise longer, including more sets, opting for a more advanced exercise variation or trying a completely new exercise.

Here's how you could make your workout more challenging:

Train for 50 seconds per set instead of 40, and pause for 10 seconds.	Increase the number of repetitions by 5.	When doing planks, lift one leg and then the other leg off the floor.
Take another look at the list of exercises and opt for the advanced version.	Do 4 sets of each exercise instead of 3.	Replace 2-3 exercises with new ones. <u>You'll find some examples here.</u>

If you want to do more, you'll find more inspiration and more workouts here.