

A fitness woman with blonde hair, wearing a blue sports bra and grey shorts, is smiling and holding a black TRX suspension strap attached to a green metal post. She is standing outdoors in a park-like setting with trees in the background.

**Train Everywhere  
and Anywhere!**

**No Excuses ...**

**6 Exercises to  
6 Pack Abs!**

# **TRX SUSPENSION TRAINING**

**By Kasia Sitarz Photos by Arsenik Photography**

Many people think that to get crazy six-pack abs with the serratus muscle bulging from the sides and insane striations, you must a) have insane genetics, b) spend hours at the gym, or c) do 150 sit-ups every day. But in fact, it can be a lot easier than that. In this article you will learn how to use your own body weight against gravity to increase the strength and stability of your core.

These six suspension cable exercises allow you to workout at any time whether at a gym, in your bedroom, or even outside. You can take these cables ANYWHERE and EVERYWHERE you go. So there are NO EXCUSES. You can develop the abs you've always desired!

## Suspension Cables

Suspension training develops muscular balance, stability, posture, mobility and most importantly core strength. The cables help improve performance and prevent injuries.

## Anatomy And Function Of Your Core

I know you are getting excited to start your new suspension training program, but first you need to understand the anatomy and function of the core muscles. The core technically refers to the body minus the legs and arms. It is important to know that functional movements are greatly dependent on the core, and lack of core development can result in injury. We will review some of the major muscles of the core.

The MAJOR muscles of your external core include:

**Transverse Abdominis (TVA)** The deepest of the major abdominal muscles runs from the side wall of the abs (lateral) to the front (anterior) with its fibers running horizontally (transverse). TVA lies under your obliques and wraps around the spine to help to compress the viscera and ribs, providing thoracic and pelvic stability.

**External Obliques** A pair of abdominal muscles that lies superficially (outmost) along

the internal obliques with its fibers running in a V position starting at the fifth rib down to the lateral aspect of the pelvis (similar to the direction of putting your hands in your pockets).

**Internal Obliques** A pair of muscles that lie below the external obliques and help with flexion of the spine, ipsilateral rotation (rotation to the same side), and lateral flexion (side bending).

**Rectus Abdominis** A long paired muscle that run along the front of the abdomen and is separated by a midline band of connective tissue called the Linea Alba. Rectus Abdominis is an important postural muscle and will give us six-pack abs.

**Erector Spinae** A group of muscles and tendons that runs more or less vertically along the spine and extend throughout the lumbar, thoracic, and cervical regions. These muscles help extend your back.

Now that you are familiar with some of the muscles in your core, get ready to work your abs like never before!



## 1. PLANK

Place your feet in the handles of the stirrups. Start by laying face down with your elbows and forearms underneath your chest. Lift your body off the ground and onto your forearms. Maintain a flat back and do not allow your hips to sag toward the ground. Hold.

SET	REPS	REST PERIOD
1	20 sec	30 seconds between each set
2	30 sec	

## 2. SIDE PLANK & SIDE PLANK WITH ROTATION

Start with your feet in the stirrups with one foot placed in front of the other. Lying on your side with your right hand on the ground, lift yourself up to form a plank with your right arm straight and your left arm under your side.

Rotate Extend your right arm up behind you. Continue by rotating your body while tucking your right hand underneath the side lifted off the ground. Repeat with other side.

SET	REPS	REST PERIOD
1	10 sec each side	30 seconds (after both sides completed) between each set
2	20 sec + 5 twists each side	





### 3. PLANK KNEE TUCKS

Get into your plank position. Be sure to keep elbows in line with your shoulders. Start by raising your hips while tucking your knees in toward your chest. Finish the movement by slowly bringing your hips back down, while straightening your legs. Be sure not to let your back/hips sag on the way down. **CONTROL** your movement!

SET	REPS	REST PERIOD
1	12 knee tucks	30 seconds between each set
2	15 knee tucks	



### 4. PIKE

Place your body in a high plank or push-up position. Place your feet in the stirrups. As you bring your feet towards your chest, simultaneously push your hips into the air. Extend your legs back to the starting position, rest for one second, then repeat.

SET	REPS	REST PERIOD
1	12 pikes	30 seconds between each set
2	15 pikes	

### 5. STRAIGHT LEG ABDOMINAL TWISTS

Lie flat on your back. Hold on to both stirrups. Lift your legs approximately 30 degrees off the ground. Hold them straight out in front of you. Start the movement by twisting your legs from side to side. Keep the core as stable as possible without shifting all over the place.

SET	REPS	REST PERIOD
1	10 twists each side	30 seconds between sets
2	15 twists each side	

If you find this program challenging to complete, don't give up. Start by completing the first set of each exercise at a lower rep range. As your core gradually gets stronger, add full sets and reps to your workout.



### 6. LEG RAISES

Same start position as the straight leg twists. Keep both legs together and lift them up and towards the stirrups. Crunch your stomach muscles. Finish the movement by slowly lowering your legs to approximately 20 degrees off the ground. Repeat for desired reps.

SET	REPS	REST PERIOD
1	10 leg raises	30 seconds between each set
2	15 leg raises	

So there you have it. These six simple, but challenging exercises will change the way you work your abs. With suspension cable training, you'll get the results you've always wanted and worked hard for. Just six exercises, 12 sets (three times a week), and four weeks later you've got **SIX-PACK ABS!** **IFM**