

THE ALPHA TONIC HIGH  
TESTOSTERONE SHORTCUTS

# Ripped in 10 Minutes



MICHAEL BONNER

## DISCLAIMER AND COPYRIGHT NOTICE

No part of this publication may be reproduced in any form or by any means, including print, scan, photocopy, or otherwise, without the prior written permission of the copyright owner.

The author has attempted to present information that is as accurate and concrete as possible. The author is not a medical doctor and does not write in the capacity of a health professional. Any medical decision should be made with the advice and care of your doctor. The author will not be held responsible for any injury or loss incurred by the reader through the practice of any information contained in this book.

The author does not mention the fact that new studies are constantly being carried out, the information in this book was as accurate as possible at the time of writing, but given the changing nature of the subject, the author hopes that the reader will be able to appreciate the basics that have been addressed in this book.

Despite every effort to verify each piece of information provided in this publication, the author assumes no responsibility for any error, omission, or misinterpretation of the subject matter in this book.

Again, please note that the help or advice provided here does not replace medical advice. You agree to use some or all of the information given in this book at your own risk. The author will not be responsible for any injury that may result from putting into practice any advice given in this book.

If you are under medical treatment or have any doubt about the advice given here, please consult your doctor as soon as possible.

## Contents

8 Abdominal Exercises To Tone The Core Fast	3
Top abdominal exercises benefits	3
When not to train abs	4
1. Crunches	5
2. Reverse crunches	6
3. Sitting twists	7
4. Side leg raises	8
5. Knee to elbows	9
6. Weighted sit-ups	10
7. Toe touchers	111
8. Planks	122

## 8 Abdominal Exercises To Tone The Core Fast

Abdominal exercises directly target core muscles. But not all exercises have the same level of activation. To understand which exercises to perform and when to target the core, it's relevant to understand the anatomical muscles of the mid-section.

Starting from the outside, the oblique muscles have an important role. The oblique muscles support torso rotation and lateral flexion. Oblique muscles support spine flexion when doing crunches as well. The internal oblique muscles are targeted primarily with trunk rotation and lateral flexion exercises. When it comes to deeper core muscles, the horizontal Transverse Abdominis compresses internal organs and it is known for deep breaths activation.

The Rectus Abdominis or the 6-pack ab muscles flex the lumbar spine in crunching movements. These muscles are activated in trunk rotation with twisting movements. Most ab exercises target the Rectus Abdominis directly or indirectly.

---

### Top abdominal exercises benefits

---

Training abs has various benefits. While the exercises are not the most efficient in burning fat, they have an important role in developing all core muscles.

- ✓ Improved muscular endurance
- ✓ Better core stability
- ✓ Reduced injury rates in sports
- ✓ Better posture
- ✓ Improved physical fitness
- ✓ Preventing lower back pain
- ✓ Enhanced ability to handle the extra weight
- ✓ Firmer waistline

While there are other benefits to a strong core, most people train abs for that 6-pack look. The following exercises activate all core muscles. They adhere to training variation, which is the best method to develop strong and aesthetic core muscles.

---

## When not to train abs

---

Abs are just like any other muscle. They need activation, nutrition and rest to grow. Training abs every day comes with extra muscle fatigue. There should be enough rest in-between ab training days to facilitate recovery. Even more, since training abs should be part of a general workout routine, abs should be trained for 10-15 minutes at the end of a workout. Stabilizing ab muscles are activated with many other exercises.

Training abs when following a bad diet is the one time where the workouts will come with few visible results. Even thick abs need a lower body fat percentage, controlled through nutrition, to become visible. Abdominal exercises alone will not burn fat. Having a visible 6-pack is as much about healthy food choices as it is about doing the right exercises and resting in-between workouts.

---

## 1. Crunches

---



**Why:** Rectus Abdominis activation | **When:** 2-3 times per week for beginners | **Difficulty level:** easy

---

The crunch or the sit-up is a classic abdominal exercise. The University of Wisconsin showed that crunches stimulate the Rectus Abdominis better than any other exercise. The exercise can be performed with or without weight at any time throughout the day.

To perform the exercise, users need to lay on the floor and flex the spine up. The movement needs to be as controlled as possible. Pulling the head with the hands is the first mistake beginners make when performing the exercise. Flexing too high can take the emphasis off the Rectus Abdominis and beginners need to engage the muscle at all times during the exercise. Using momentum to perform the movement is another common mistake. The best way to avoid these common mistakes is to squeeze the abs on the way up and to keep them squeezed on the way down. A minimum of 3 sets of 8 to 10 reps is a good place to start doing crunches.

---

## 2. Reverse crunches

---



**Why:** Target the lower part of the Rectus Abdominis | **When:** Every ab workout | **Difficulty level:** easy

---

Getting the 6-pack look is often limited by the look of the lower Rectus Abdominis. This is why reverse crunches should actually be performed at least as often as crunches. The exercise is also more demanding in terms of technology compared to classic sit-ups.

Lying on the back with the palms by the body facing down is the beginning position of the reverse crunch. The legs are then raised either straight or with bent knees, depending on the individual level of fitness. Pressing into the palms should help stabilize the core and place the focus on the Rectus Abdominis. Beginners will find the exercise harder to perform and doing reverse crunches once a week is a minimum for ab development. As abdominal strength improves, the exercise can be performed 2-3 times per week.

---

### 3. Sitting twists

---



**Why:** Direct oblique activation, functional movement | **When:** Once per week **Difficulty level:** beginner

---

With direct oblique muscles activation, sitting twists can be performed at home or at the gym. As their name suggests, they are performed in a sitting position. The knees need to be bent to reduce pressure on the spine and the heels should be about a foot away from the butt. The torso should lean slightly back and the hands should be right in front of the body. Twists can be performed for at least 16 repetitions of 3-4 sets. To increase the difficulty, the legs can be raised off the ground while performing the twisting movements.



#### 4. Side leg raises



**Why:** Oblique muscle isolation | **When:** 2-3 times per week | **Difficulty level:** beginner

Side leg raises are a less demanding alternative to sitting twists. They do not target the Rectus Abdominis and the Transverse Abdominis as much the oblique muscles. The exercise can be performed laying on the floor on one side while supporting the head with the arm closest to the floor. One leg is raised and lowered in a controlled movement ensuring there is no momentum and

that oblique muscles are properly squeezed. The leg should be raised as high as possible. 3 sets of 8 to 10 reps offer good oblique muscles activation.

---

## 5. Knee to elbows

---



**Why:** Rectus Abdominis and oblique activation | **When:** Once per week | **Difficulty level:** intermediate

---

Targeting most core muscles, knee to elbows is a must-do exercise for toned abs. Lying on the back is the starting position for the exercise. Hands need to support the head while the knees are bent. Thigs and hips need to form a 90-degree angle. The movement involves twisting one side of the body and bringing one elbow to the opposing bent knee while fully extending the other leg. The exercise can be demanding for beginners and this is why it can be performed once per week with 16 total repetitions for 3 sets.

---

## 6. Weighted sit-ups

---



**Why:** Adding core strength | **When:** Once per week | **Equipment:** dumbbell | **Difficulty level:** intermediate

---

This variation of the classic sit-up is one of the best exercises for extra Rectus Abdominis strength. It can be performed with a dumbbell, a kettlebell or with objects around the house. The weight is held close to the body while performing the exercise. Even if there's added weight, the exercise should be controlled, like a regular crunch. 8 reps with 3 sets are a starting point for beginners.

---

## 7. Toe touchers

---



**Why:** Rectus Abdominis activation | **When:** Once per week | **Difficulty level:** Intermediate and advanced

---

Activating the entire Rectus Abdominis, toe touchers are guaranteed to build core strength, mobility, and balance. The starting position is with the back on the mat with the legs elevated almost perpendicular to the floor. Knees should be bent to reduce pressure on the lower back. The extended arms should form a 45-degree angle with the floor. With slow and controlled spine flexion, the extended arms should reach the elevated toes. Lowering the torso should also be performed slowly. Inhaling is done while lowering the torso. It's important to remember that arms remain fully extended for the entire duration of the exercise. 6 to 8 reps of 3 sets are guaranteed to activate the core efficiently.

---

## 8. Planks

---



**Why:** Targets the Transverse Abdominis | **When:** Once per week | **Difficulty level:** Advanced

---

Planks have numerous benefits. They're a full body isometric movement strengthening core muscles and improving balance. Facing down, the hands should be straight and placed under the shoulders slightly to the sides of the body for extra stability. The toes need to be grounded while the glutes squeezed to stabilize the body. Abs need to be tightened as well. Extra pressure on the upper back and the neck is avoided simply by looking at the floor for the entire duration of the exercise. Unlike crunches, planks are timed. Aiming for 20 seconds is recommended at first. As core strength improves, the time interval can increase. Planks can be performed once per week at the end of any workout.

---

## Final considerations

---

These abdominal exercises have different difficulty levels. The more muscles are activated, the more recovery time is needed. Toe touchers and planks are demanding and they can be performed once per week before allowing the abs to recover. Crunches and leg raises are less demanding and their repetitions can be slightly higher as a result. However, it is important to ensure ab training variation to target the Rectus Abdominis, the Transverse Abdominis, and the oblique muscles for maximum benefits.