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# **The Circus Ab Sequence**

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## Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

**As always, you should clear this program with your doctor before you begin.**

SERIOUSLY – THIS IS AN EXTREME PROGRAM. IT IS NOT FOR EVERYONE. THOSE WITH PRE-EXISTING MEDICAL CONDITIONS SHOULD NOT ATTEMPT THIS PROGRAM. NO ONE SHOULD ATTEMPT THIS PROGRAM WITHOUT PRIOR CLEARANCE FROM YOUR DOCTOR.

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# *“How A Sideshow Freak Helped Me Get Rock-Hard Abs... And How You Can Copy This Plan For Better Abs In Just 7 Days”*

When it comes to ab training, you might think bodybuilders or fitness models are the best people to ask for training tips.

After all, most bodybuilders and fitness models typically spend HOURS each week training their abs so they must know something right?

So imagine my surprise when I discovered a strange ab training routine used by a circus sideshow “freak.”

What’s even more impressive is this circus performer trained his abs for literally just a few minutes a day, but his abs would rival that of a champion bodybuilder. Even more impressive, this routine takes just a few minutes a day to execute and you’ll see (and feel) the results within the first week.

## 15 Minutes In The Evening For Rock-Hard Abs

This routine is designed to be done every day. Most people will miss 1 day a week because of life getting in the way, but shoot to perform this routine at least 6x a week.

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Because this routine does not use heavy weights (or any weights at all), you can do this routine every day without fear of overtraining.

The routine consists of 15 exercises. Do each exercise for the required number of reps and then move directly to the next exercise. Rest as little as possible.

To begin, perform just 5 reps per exercise. Once you can get through all 15 exercises (performing 5 reps per exercise) without stopping or taking any breaks, then bump things up to 10 reps per exercise.

It will take most people a couple weeks of daily training to get to the point where you can do 10 reps of each exercise without stopping. Once you can, increase the reps to 15 per exercise.

Once you can do 15 reps per exercise with no or minimal rest, then it's time to increase the number of sets. (Prior to this point you will only be doing 1 set per exercise.)

At this point, you will continue to move with little or no rest between exercises, but not that you're doing multiple sets you can rest 60 seconds between sets.

Complete all sets of any given exercise before moving to the next exercise. When you work up to the point where you're doing 3 sets of 15 reps of each exercise AND you've brought your body fat down to single digit levels using the strategy as outline in the Single Digit Body Fat Manual, and you'll have a strong and ripped-to-shreds midsection.

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Here are the list of the 15 exercises. And here is a video showing how each exercise is to be performed.

### The 15 Core Circus Ab Exercises

- #1) Elevated Feet Crunches
- #2) Elevated Feet Twisting Crunches
- #3) Reach Thrus
- #4) Twisting Straight Leg Sit-Ups
- #5) Leg Lefts with Straight Legs
- #6) Leg Lifts with Bent Legs
- #7) Crossover Crunch: Left
- #8) Crossover Crunch: Right
- #9) Leg Lift & Thrust
- #10) Chin Tucks
- #11) V-Ups
- #12) Cobra Straight Leg Sit-Ups
- #13) V-Ups with hands on floor
- #14) Scissors
- #15) Plank

Here's the video: [Video Demonstration](#)

A couple notes on the last 2 exercises:

- On the scissors, count it as 1 rep every time your right foot crosses above your left foot.
- On planks, hold it for DOUBLE the amount of seconds as you're doing reps on the other exercises. So if you're doing 5 reps per exercise, hold the plank for 10 seconds. If you're doing 15 reps per exercise, hold the plank for 30 seconds.

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You will definitely be sore the first few days but the soreness will fade and by day 3 your abs will already be looking leaner and more defined.

Enjoy!