

NO
CRUNCHES



WARP SPEED FAT LOSS
**RIPPED &
READY ABS**

CUTTING EDGE TRAINING
FOR SAFE RAPID FAT LOSS

By Mike Roussell and Alwyn Cosgrove
<http://www.WarpSpeedFatLoss.com>

Warp Speed Fat Loss 2.0: Ripped & Ready Abs

Because No One Wants To Lose Weight SLOW

Alwyn Cosgrove

Mike Roussell

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About The Author:

Mike Roussell is a consultant, author, freelance writer, and researcher. Mike received his bachelor of science in biochemistry graduating magna cum laude with high honors from Hobart and William Smith Colleges. From there he attended the University of Vermont Medical School before deciding to follow his passion of studying nutrition.

Currently, Mike is pursuing his doctorate in nutrition at Pennsylvania State University, studying the effects of diet and fatty acids on cardiovascular disease and emerging cardiovascular disease risk factors.

Mike's nutritional coaching is sought out by people from a variety of backgrounds ranging from collegiate athletes to business professionals to fitness enthusiasts. Mike's writings can be seen in magazines such as Men's Health, Men's Fitness and on the web at Testosterone Nation and Bodybuilding.com. Mike also served as the nutritional consultant for the Men's Health Book of Power Training and Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster .

- <http://www.NakedNutritionNetwork.com> – Massive FREE Fat Loss and Health Site. Articles, Podcasts, Videos, and More.
- <http://www.NakedNutritionNetwork.com/blog> - Mike's Personal Blog
- <http://www.WarpSpeedFatLoss.com> – Lose 10,15, or 20lbs in the next 28 days with the Complete Done-4-You Warp Speed Fat Loss Rapid Weight Loss Blueprint.
- <http://www.NakedNutritionGuide.com> – Mike's Complete Multimedia Fat Loss System for fast and permanent weight loss
- <http://www.NakedNutritionInsider.com> – Monthly Health & Fitness Newsletter, Private Forum Access, Access to Mike, Insider Discounts



About the Author:

Alwyn Cosgrove is one of the most in demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA

For the past seventeen years Alwyn Cosgrove has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance

enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training.

Alwyn has an honors degree in Sports Science from Chester College, the University of Liverpool, is certified with distinction as a strength & conditioning specialist with the National Strength and Conditioning Association and has been recognized as a Master of Sports Sciences with the International Sports Sciences Association.

A former Taekwon-do international champion, Alwyn has utilized his personal experience as an athlete and combined it with the advanced theories of European Sports Science and the principles of modern strength and conditioning systems.

During his career as a strength and conditioning coach, Alwyn has worked with a wide variety of clientele, including several Olympic and national level athletes, five World Champions and professionals in a multitude of sports including boxing, martial arts,

soccer, ice skating, football, fencing, triathlon, rugby, bodybuilding, dance and fitness competition.

Alwyn has co-authored the book The New Rules of Lifting with Lou Schuler and is currently a writer with Men's Health magazine.

In July 2004 Alwyn was diagnosed with Stage IV Cancer. After a long battle, and intensive chemotherapy, Alwyn was pronounced in full clinical remission as of March 2005. Unfortunately the cancer returned in March 2006 and Alwyn again was treated with very aggressive chemotherapy and this time underwent an autologous stem cell transplant.

Alwyn is currently living in Stevenson Ranch, California with his wife Rachel.

- <http://www.AlwynCosgrove.com>
- <http://www.Results-Fitness.com>

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Please read our full medical disclaimer at:

<http://www.warpspeedfatloss.com/medical.html>

Ripped & Ready Abs Routine:

Official Warp Speed Fat Loss System Add-On

By Alwyn Cosgrove

The Ripped Ready Abs routine is an ideal add-on to the Warp Speed Fat Loss System because after you complete the 28 days you may be seeing your abs for the first time! The Ripped Ready Abs Routine is different from most (okay *all*) ab routines because it doesn't contain any crunches. In fact you may not be familiar with most (or any) the exercises.



The reason why you won't find any crunches in the Ripped Ready Abs Routine is because your abdominals are involved primarily in core STABILIZATION. Therefore our ab development program should focus on stability this will get your abs ripped and ready faster than countless sets of endless crunches.

You can complete this routine up to 3 times a week throughout the Warp Speed Fat Loss program either following resistance training or Targeted Fat Loss cardio.

Ripped Ready Abs Routine

1) Planks - Elbows on Ball - Hold for 60s.

2A) Valside Push Aways - Perform 15 reps each side at a slow deliberate tempo.

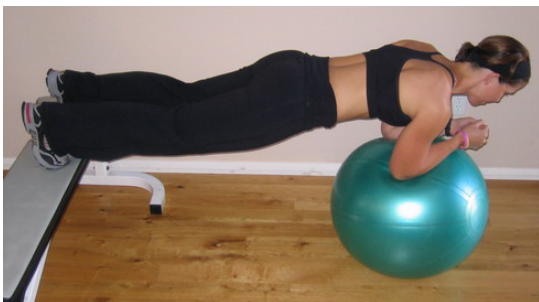
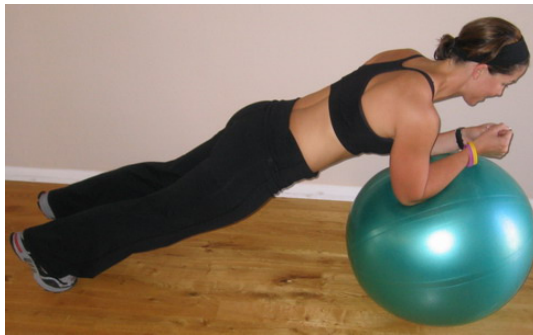
2B) Prone knee drives - Perform 20-30 reps each side

2C) Prone Jackknife - Perform 10-15 slow deliberate reps

Rest for 90s and repeat for one more circuit.

Exercise Pictures & Description

Hold for 60s



Valside Push Aways - Perform 15 reps each side at a slow deliberate tempo.

In a push up position with your hands on Valslides or similar slide discs - positioned about 3 inches in front of the torso. Alternating arms push the slides forward about 3 to 6 inches from the start position and back again.



Note: If you do not have access to Valslides a (not as effective) alternative would be Swiss Ball Rollouts (shown below)



Prone Jackknife - Hands on the floor and feet on a Swiss ball in the push up position. Perform one push up. Now - maintaining a natural curve in the upper and lower back, begin drawing your knees towards your chest. Do not allow ANY spinal movement. The goal of this exercise besides abdominal activation is to create a hip and back disassociation effect – in other words, allowing the hips to move without a compensation effect through the spine. Extend the legs back to the start position.

