

# BEYOND THE PLANK

The 310% Core Protocol — Stop Counting Reps. Start Forcing Tension.

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## THE SCIENCE: WHY YOUR ABS AREN'T GROWING

### The Problem with Planks & Crunches

- Planks only build endurance — zero muscle growth past 30 seconds
- 40 crunches builds stamina, not size
- Squeezing = low activation; your abs adapt fast
- Regular crunches only work top-to-bottom — lower abs get ignored

### The Solution: Stretch Under Load

- Stretching abs under heavy load = up to 310% activation
- You **MUST** increase resistance to force growth
- Cables provide constant tension floor-to-ceiling — no dead zones
- Work bottom-up (not just top-down) to develop complete core

## THE 5 MOVEMENTS: DO THESE INSTEAD

EXERCISE	HOW TO DO IT RIGHT	KEY PROTOCOL
<b>Ab Wheel Rollout</b> Maximum Stretch	Keep back perfectly flat. Roll out to exactly the moment your spine wants to curve — stop there. Pull back using abs, not arms. 45° body angle at full extension.	PROTOCOL: Your limit = exact moment your back wants to curve. Do not go further.
<b>Weighted Cable Crunch</b> Constant Tension	Kneel at cable stack, rope at neck. Bend the spine — not the hips. Hips locked forward, do not sit back. Arms just hold the rope — zero pulling.	PROGRESSIVE OVERLOAD: Master 15 clean reps. Add 5 lbs next session.
<b>Hanging Knee Raise</b> 310% Side Activation	Pull shoulders down tight. It's not about lifting legs — crunch the lower stomach inward. Butt must curl upward at the top of the movement.	HOLD: Pause 1 full second at the very top of the crunch.
<b>Bicycle Crunch</b> Dual Action Rotation	Shoulders never touch ground. Twist the shoulder — NOT the elbow. Straighten opposite leg and hover inches off floor. One side stretches while the other squeezes.	TEMPO: Go painfully slow. 2–3 seconds per side. Zero breaks.
<b>Decline Reverse Crunch</b> Lower Core Focus	Set bench to 30-45 degrees. Knees bent, feet hovering. Lift butt completely off bench — this works bottom-up to develop the lower abs regular crunches miss.	TIMING: 2–3 sec up. 1 sec hold. 2–3 sec down.

## YOUR ACTION PLAN

Pick 2–3 movements per session | Train abs twice per week  
| Add weight every time you hit 15 clean reps

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