



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## CORY GREGORY'S "MAKE YOUR OWN BRICK SOUP" AB WORKOUT

Get the secret ingredients for "Brick Soup" with this killer 4-week program in which MusclePharm's Cory Gregory reveals what he does to build and maintain his rock-solid abs!

Link to Workout: <https://www.muscleandstrength.com/workouts/cory-gregory-brick-soup-abs-routine>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 4 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 15-30 Mins

**Equipment:** Bodyweight

**Author:** Cory Gregory

### Week 1

Exercise	Sets	Reps
Ab Wheel or <a href="#">Barbell Rollouts</a>	1	50
<a href="#">Weighted Crunch</a> *	4	25

\*You can start w/ a lighter weight (i.e. 10 lbs), but the goal is to work up to 25 lbs by the end of this plan.

### Week 2

Exercise	Sets	Reps
Ab Wheel or <a href="#">Barbell Rollouts</a>	1	75
<a href="#">Weighted Crunch</a>	6	25

### Week 3

Exercise	Sets	Reps
Ab Wheel or <a href="#">Barbell Rollouts</a>	1	100
<a href="#">Weighted Crunch</a>	8	25

### Day 4

Exercise	Sets	Reps
Ab Wheel or <a href="#">Barbell Rollouts</a>	1	100
<a href="#">Weighted Crunch</a> *	10	25

\*This is the level where I'm usually preparing for shoots. If you can perform sets of 50 - 60, you're going to see results.

#### Notes

Make sure to perform some [lower back movements](#) to balance out the ab work. My suggestion is 4 sets of 20 on Back Extensions 2 - 3 times per week. If you can't do that, something like Supermans or [Banded Good Mornings](#) for 4 sets of 15 - 20 reps a few times per week will make a big difference.