

Anabolic Drive Series: The Rectus Abdominis, External Oblique, Internal Oblique, and Transverse Abdominis: Framework Skeleton for Anabolic Drive Program



ABC Featured [Sean Calder](#)

Researched and Composed by Adam "Old School" Knowlden

Extensive pictures of the models displayed in this entry can be found by clicking [HERE](#)

Abstract

As the 21st Century unfolds, and the science of hypertrophy continues to progress, bodybuilders are increasingly becoming larger, stronger, and more disciplined than ever before.

Engaging in year-round, high intensity training cycles, today's elite training curriculums and nutritional guidelines greatly enhance muscularity in the upper, as well as lower body.

Howbeit, proper emphasis on the trunk musculature is often overlooked, save pre-contest.

A well-developed core is imperative when the goal of the bodybuilder is recurring high-level hypertrophic training.

A general method when designing a physique-sculpting program is to focus training primarily on the area of the body parts most needed to succeed in the sport.

As a result, many hypertrophic-training programs emphasize the extremities.

For example, training specifically to enhance certain poses, places a foremost prominence on protocols that specifically target the deltoids, biceps, and triceps, making the upper body the major emphasis.

Lower-body training typically follows this in importance, and finally, the trunk is trained at the end of any various upper or lower body workouts, with mediocre intensity at best.

The shortcoming of this approach, of course, is that it does not allow for optimal strength development and foreruns a catch twenty-two scenario.

Failing to properly train the core leads to inadequate development in this region, and as scientific research is revealing, without ample core strength and stability, the bodybuilder will not be able to apply maximum extremity power and effort.

The downside of mainstream bodybuilding philosophy is that core training is often downplayed to emphasize extremity training; however evidence shows that de-emphasizing torso training hinders extremity training of its utmost threshold for advancement.

In order for the bodybuilder to develop full strength and power potential, what the scientists of JHR dub "Foundation training", must be a significant and intricate part of every bodybuilder's training regimen.

The successive categories of this entry will play an intricate role in achieving the greatest results from this training prospectus. Sub-topics include abdominal anatomy, factors of stimulation, kinesiology and physiology, split protocols, nutritional aspects of the program, technique, and program design.

Physiology and Kinesiology of the Core

While the core is much more than the abdominal muscles, consisting of the hip musculature, the lumbar spine musculature, the thoracic spine musculature, and the cervical spine musculature, the primary focus of this program will be abdominal strengthening and conditioning.



ABC Featured [Jason Williams](#)

Trunk power is vital as all movements either originate in or are coupled through the trunk.

This pairing action links movements of the lower body to those of the upper body and visa versa.

Often athletes are curious as to why they receive inefficient DOMS (Delayed Onset Muscle Soreness) in the biceps regions. One possible explanation proposed for this phenomenon is a lack of credible core stability.

For example take, [Cheating Alternating Dumbbell Curls](#), which require total body solidity, in particular during the negative phase of the movement.

When performed with radical intensity and under dramatic time under tension levels, few exercises can match its ability to inflame the entire proximal bicep complex. However, it is noted, that many do not experience DOMS even after multiple sets performed at tremendous intensities.

With enhanced trunk strength, the force that is generated transfers through the core with modest energy dissipation, supplying superior power potential and more proficient movement, and thus greater DOMS.

A more superior core will allow for optimal force output, increased neuromuscular effectiveness, and also a decreased frequency of common overtraining injuries.

Force is transmitted most effectively through the body in a straight line. An underdeveloped trunk can result in inferior technique, which can easily lead to sub-par working sets.

This concept is even more crucial for the sport of bodybuilding, as the primary training goal is to increase intensity through various mediums, while the resistance is under tension. Even during "cheating" movements, the negative portion of a movement, needs to stay strict at all times for the set to optimize hypertrophic and hyperplastic intents.

Taking our cheating bicep curl example, the bodybuilder is working through their regular set and achieves failure with excellent form and a well ensued pump is being acquired. Upon failure the weight lifter would then use momentum to hoist the resistance to its utmost plane of motion, then straighten up to allow for maximum tension to be placed under the muscle of resistance while on the negative descent.

With greater core strength a superior negative form could be performed providing tension status resulting in a more intense set.

An inability to optimize training efforts in the gym results in wasting energy, which advanced athletes have little time for. The primary goal of the bodybuilder while at the gymnasium is to subject the muscles to as many hypertrophic stimuli as possible, then leave the training center to rest and consume food. Wasting energy is a needless expenditure of time and this is not an option to be considered.

Bodybuilders who have undeveloped cores are also prime candidates for injury.

Evidence of the importance of trunk strength in movement skills is seen in the growth progression of children. Movement dexterity begins with the musculature of the trunk and moves outward to the limbs. This course of action is known as proximal-to-distal development.

As a healthy child matures, development commences with gross motor patterns of the trunk and steadily moves outward to the fine motor skills.

A feeble core is most often to blame for lower back injuries and strains.

It is popularly asserted that injury to the lower back region is due to weak lumbar muscles.

However in most cases, the lumbar erector muscles are typically overdeveloped while the underlying frontal abdominal muscles underdeveloped.

Another source of injury is improper lifting techniques, often due to sub-par core stability.

Other contributing factors can include a lack of overall strength and stamina, muscle tightness, and improper joint mechanics.

Studies have discovered that as core strength levels increase, the occurrence of low-back pain decreases, and the severity and frequency of injury is greatly reduced.

....to determine if dysfunction of this parameter was present in patients with low back pain.

Rapid shoulder flexion, abduction and extension was performed and EMG activity of the abdominal muscles, lumbar multifidus and the contralateral deltoid was recorded.

Movement in each direction resulted in contraction of trunk muscles before or shortly after the deltoid in control subjects. The TrA was invariably the first

muscle active and was not influenced by movement direction, supporting the hypothesized role of this muscle in spinal stiffness generation. Contraction of TrA was significantly delayed in patients with low back pain with all movements. Isolated differences were noted in other muscles.

Hodges PW, Richardson CA. Inefficient muscular stabilization of the lumbar spine associated with low back pain. A motor control evaluation of transversus abdominis. Spine 1996;21:2640-50.

Both abdominal and low-back training, couple with continuous practice of lifting technique and body mechanics, will all contribute in averting lower-back impairment.

Bodybuilding Core Philosophy

When exercising the abdominals, functional training is often disregarded.

Instead, bodybuilding programs typically select exercises whose aim is to develop "the six-pack" are selected.

Yet, closed-kinetic chain exercises require more balance and coordination and are more sport-specific.

The concept of core training in most sports is that only training the appropriate muscle group is inadequate. Rather, it is important to train the muscle groups with movements that are as similar as possible to what occurs during competition.

Howbeit, our sport is unique in that on a micro-scale bodybuilders desire longer time under tensions, which can be supported by a stronger core, but on a macro scale, from a "Sports specific" angle, our priority is hypertrophy.

As such our focus should prioritize constructing a well-built core, without taking away from our main objective, which is hypertrophy.

Conditioning the "natural weight belt", the transverses muscles and oblique muscles, is one means in which both functional and hypertrophic training can be combined for optimal core results, all the while making effective use of the time spent in training sessions.

Training approach

Adhering to the following guidelines will increase the efficiency of the time and effort spent training the torso.

Because the core consists of a high number of both fast and slow-twitch muscles, it can be trained quite frequently. Nonetheless, it is important to vary the movements and type of loading to prevent overtraining.

Increase intensity at a moderate pace. Master proper technique before attempting to increase intensity.

Pay attention as to whether exercise form is causing extreme flexion. A quality standard is to not go beyond 45° flexion of the spine. The abdominal muscles primarily work within a 0 to 45° range of motion (ROM). When the plane of motion exceeds 45°, the hip flexor and psoas muscles carry out a majority of the action.

Exhale during the contraction, or lifting portion of the movement, and inhale during the relaxation, or lowering phase.

Take special care to train opposing muscle groups equally to prevent muscle imbalances. It is recommended that a solid lower back training protocol also be implemented in conjunction with this program, See: [Anatomy of The Back I - Skeletal / Joint Systems](#) [Anatomy of The Back II - Superficial Muscles of The Back Part I](#) [Anatomy of The Back III - Superficial Muscles of The Back Part III](#) [Anatomy of The Back IV - Superficial Muscles of The Back Part III](#)

Ensure muscular balance by implementing twisting movements on both sides of the body. Such technique will not only strengthen the torso but will also reinforce the specific rotational movement patterns.

Maintain a tight contraction throughout the entire set. Trunk training should be performed in a slow and controlled manner.

This program will provide an assortment of exercises. When one is creating their own hypertrophic programs it is recommended to rotate the selection periodically. Training the trunk from different angles will support development in all areas of the core. This will allow for recovery of opposing muscles.

A stagnant program tends to decrease intensity. Therefore laws of progressing intensity must be established in order to keep the long-term vision of increased density a firm reality.

Throughout the succession of these workouts the primary area targeted is going to consist of the enhancing and hypertrophy of the anterior (front) abdominal wall, and its four main components.

A majority of the abdominal wall is muscular and extends between the thoracic cage and the bony pelvis.

In all there are four central paired muscles that make up the anterior abdominal wall.

There are three flat muscles, which consist of the external oblique, the internal oblique, and the transverses. Finally there is one strap-like muscle called the rectus abdominis (commonly referred to as the "six-pack" muscles).

When all four of these muscles are in optimal physical condition, the muscles in the frontal abdominal wall provide extensive protection to the abdominal viscera.

The flat muscles cross each other in such a manner that they reinforce the abdominal wall and reduce the risk of protrusion of viscera (herniation) between the muscle bundles.

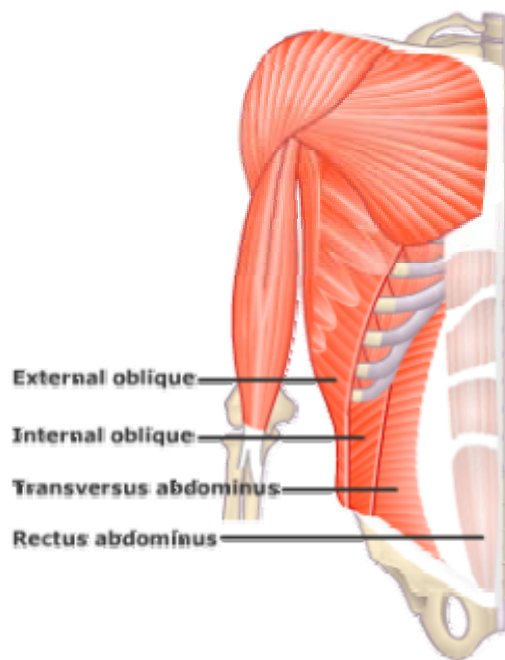
Anatomical Breakdown of Targeted Anterior Abdominal Wall

The rectus abdominis and lateral fibers of the external oblique are considered to be the prime movers of trunk flexion.

The internal oblique and transverse abdominis are the major stabilizers because they pass from the anterior trunk to the lumbar spine.

It is the speed at which they contract, rather than their overall strength that aids in spinal stabilization. Although the upper fibers of the rectus abdominis are thought to be prime movers in trunk flexion, the lower portions have been shown to be highly active in exercises in which a neutral to posterior tilt of the pelvis must be maintained.

A joint is more likely to incur an injury if it operates in its end range, which leads to overstretching the soft tissues and stimulating pain receptors. The function of the motor system is to control the extremes of joint motion during athletic tasks. Having trunk musculature that has the endurance and control to prevent the lumbar spine from moving into its end ranges will decrease the number of spine injuries.



The Internal Oblique Muscle

The internal oblique is the middle layer of the three flat abdominal muscles.

The External Oblique Muscle

This is the biggest and most pronounced of the three flat abdominal muscles. It is located in the anterior lateral portion of the abdominal wall.

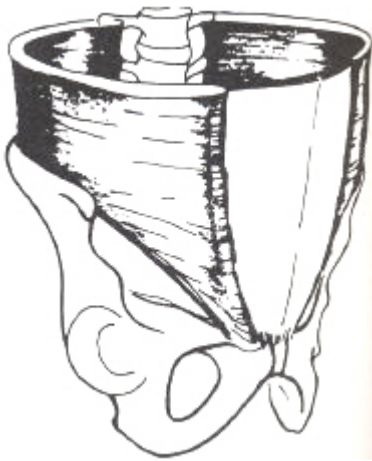
Its fleshy part forms the antero-lateral segment and its aponeurosis forms the anterior part.

Its fibers run infero-anteriorly and medially.

The Transverses Abdominis Muscle

- This is the innermost of the three flat abdominal muscles.
- The muscle runs across from your stomach to your back. It is also attached to your ribs and pelvis. More technically, the transverses abdominis is innervated by the anterior primary rami of T7 to T12 (the conjoint tendon is supplied by the ilioinguinal nerve (L1)).
- It also provides support for the abdominal wall, has a vital role in maintenance of posture, allows for trunk movements (flexion, extension, lateral flexion), responsible for raising intra-abdominal pressure (for forced expiration, defecation) via the conjoint tendon, and sustains the posterior wall of the inguinal canal.
- In this program we will be heavily targeting this area, due to its supporting properties.

The transverses musculature is literally the “natural” weight lifting belt of the athlete. By strengthening this area, not only can back injury be avoided, but also core strength will be drastically improved.



Jacob Wilson indicates in his entry, [Pressurization as Applied To Spinal Stability](#), the transverses is readily available to increase intra-abdominal pressure.

As the picture above indicates, the transversus abdominis and the thoracolumbar form a hoop structure around the lumbar region of the body, which has great significance. The internal oblique also has origin attachments on the thoracolumbar fascia, and the lower 4 ribs, and inserts on the linea alba (11, 22). Both of these muscles function to draw the abdominal wall inward, which leads us to our next subject, namely intra-abdominal pressure via the co-contractile method of recruitment (Wilson, 2005).

This concept of enhancing trunk stability via a "natural" weight lifting belt might cause some to wonder if bodybuilders should utilize artificial weight lifting belts.

It is imperative to note that the goal of belt use is to produce intra-abdominal pressure, mechanically; a feat that the transverses performs naturally, when developed fully.

Research has demonstrated that unless under special medial conditions, artificial belt use should be limited and would be best utilized when performing near-max and max lifting attempts.

Excessive belt use during dynamic movement can cause the deep abdominal muscles to not receive an adequate training stimulus. From a static standpoint, weight belts can immobilize decisive lumbar segments and further transmit loads to the most vulnerable portions of the back (the L4/5 and L5/S1).

A bodybuilder's goal will be to develop the natural weight lifting belt, the transverses muscles, making an artificial belt of little use to his or her overall bodybuilding training plan.

The Rectus Abdominis Muscle

This is a long, broad, strap-like muscle and is the prime vertical muscle of the anterior abdominal wall, typically referred to as the "*six-pack muscles*". The rectus abdominis is the muscle group which is anatomically pleasing to the eye, however, this is typically the only frontal abdominal muscle emphasized in a majority of core strength regimes; a downfall that will be corrected with this program.

Its origin is the pubic symphysis and pubic crest. Anatomically it inserts at the xiphoid and 5th to 7th costal cartilages.

The two muscles are separated by the linea alba and lie close together inferiorly.

The rectus abdominis is three times as wide superiorly as it is inferiorly.

The lateral border of the rectus muscles and its sheath are convex and form a clinical important surface marking known as the linea semilunaris.

A majority of the rectus abdominis muscle is enclosed in the rectus sheath formed by the aponeuroses of the three flat abdominal muscles.

The anterior layer of the rectus sheath is firmly attached to the rectus muscle at three or more tendinous intersections which are usually located at the level of the xiphoid process, umbilicus, and halfway between these structures.

Nutrition and Rest:

Nutrition during this course must be taken just as seriously as the workouts themselves.

An excellent sample diet, taken from [Cliff Hanger Part II](#) (Wilson, 2005)

7:00 - Wake Up - Meal One - Small Whey Protein Shake, 10 grams of glutamine, Vitamins, Slow Burning Protein Source Such as Cottage Cheese, and Large Bowl of Oatmeal. Two glasses of water.



Glutamine is Vital To Achieving Maximal Results of This Program. Click [Here](#) to purchase glutamine at a discounted price!

8:30 Branched Chain Amino Acids and Water

9:00 Workout

10:00 to 10:30 When Workout is complete, consume part I of post workout meal - described by clicking her, followed by a trip to the hot tub, or a hot shower

10:30 to 11:30 consume part II of post workout meal.



Click [Here](#) to purchase Champion Nutrition Power Creatine.

12:30 - lean meat sandwich, with ice water

1:00 - Nap

3:00 - Slow Burning Meal, such as consumed for breakfast

5:00 - Repeat

6:30 - BCAAs, followed by a mind muscle connection period. I.E. envisioning your workout before hand, and what it will accomplish

7:00 - Train

8:00 to 8:30 - Smaller Post Workout Meal, for latter hours, as described in Old Schools Article

10:30 - small protein shake, with salad, a slow burning carb, like a sweet potato and some brown rice, with very lean steak



[Purchase Post Workout Whey Here](#)

11:00 - Sleep

3:00 - Go To Bathroom, before going to bed, mix Old Schools sleep stack. Keep it cool, and set it next to your bed. Drink and fall back to sleep.

[For Those Having A Difficult Time Gaining Mass, A High Quality Weight Gainer Can Be A Key To Making The Most Of Each Workout](#)



Begin again the next day

If you have work or school, meals will be replaced by portable lunch meals. Workouts can be switched to the afternoon, or can be done earlier before work, and after work.

Post workout will be considered, as any other muscle group would be. These workouts are to be performed at high intensity.

Only during the reduced quantity session, whether that would be AM or PM, based on the individual's schedule, is no High GI post workout meal is required. Conduct the regular diet as normal.

Concerning sleep and optimal training times refer to: [Diurnal](#) and the links contained in the journal entry.

It is important to note that unless overall fat levels are low, the artistic aspects attributed to lean abdominal muscles will not be fully realized. A full "mass" and "leaning out" cycle should be performed before the bodybuilder fully evaluates the results this program has had on his or her physique.

Split Protocol

The frontal abdominal wall will be trained six times per week, encompassing three training days.

Routines will be broken down into AM and PM sessions. If the participant is unable to attend the gym two times per day, it is recommended that they create a small home gym.

Many aspects in this program will incorporate exercises that utilize no equipment at all. Therefore if they cannot acquire equipment for a home gym it is recommended that they adjust these programs accordingly utilizing the body-weight bearing exercises that will be listed.

One of the sessions will be trained with the legs, and one session will be trained with back. The other session can be executed at the trainee's discretion, but should

adhere to the [Priority Training Principle](#). In this instance the torso should be trained first in the workout.

Each workout will be broken down as follows:

Sample Workout X:

- Part One- Executed on a day when the frontal abdominals are trained by themselves.
- Part Two- Executed as staggered sets throughout a thigh routine. A staggered set is one in which a body part that is being prioritized is worked in-between working another body part. For example, a classic example is staggering calf training. So, even if the athlete is training, say back, in between each working set of back, the bodybuilder will perform a set of calves. Frequency of training can be increased greatly in this manner, making efficient use of prioritization.
- Part Three- Executed on Back Day. The exercises listed in Part Three are to be done as either staggered sets or before back exercises. For this program do not put abdominals last in your training. See: [Static Strips and Opposite Body part Supersetting](#)
- Part Four- Done in the "PM" session after each abdominal training day.

Sample Advanced routine (Where "Core" is in italics, it represents the various options one can select from as to what point in their routine they wish to train the core):

- Sun- AM- Core (Part one) PM- Core (Part 4)
- Mon- Chest, Deltoids, Triceps
- Tue- *Core*, Back/*Core* (Part three), *Core* (Part 4)
- Wed- *Core*, *Core*/Legs, Calves
- Thur- Chest, Deltoids, Triceps
- Fri- *Core*, Back/*Core* (Part three), *Core* (Part 4)
- Sat- *Core*, *Core*/Legs, Calves

(Note: It is not necessary to execute your main routine in the AM time frame. Execute the chief portion of the program during your regularly scheduled daily training time whether it is AM or PM-see: [Diurnal](#))

The above is an advanced routine that the author utilizes; however this is just a sample. In now wise would athletes reading this outline have to employ such an advanced routine to achieve incredible results. This is a sample to simply show a

model of how the subscriber may create his or her own training split, emphasizing core training.

It is also important to note, the author would never adhere to such a rigorous training routine without proper joint protecting support.

[Excellent Joint Support Formula At An Incredible Price](#)



Primary Exercise Tactic Used in This Program

In this series the transverses muscle will be prioritized.

To call this muscle into play the athlete will perform crunching movements by beginning each set in the "Dead Bug" position.

The following description will explain how to assume this position.

- Lie on back with knees bent to 90 degrees, and draw abs in (belly button to spine) to hold body in neutral spine position (natural curve, no arching).
- Flatten your back to the floor very firmly and don't allow it to rise up.
- Keep the abs tight, and the back flat. Form must stay perfect throughout the entire set for maximal results.
- During the exercises prescribed in this program, that athlete will find that in order to keep the lower back totally flat on the floor, the transverse abdominals must work extremely hard. The key to this technique is for the lower abdominals, spine, and pelvis to remain completely stable and the abdominals flexed.

Before each workout, do three sets of "Dead bugs". Get into position as described above, and perform the "dead bug" movement, holding the position statically for 15 seconds. Perform 10 sets in that manner. This will warm the transverses muscle group up and help establish a mind-muscle connection that will be needed throughout the workout. Many will find these 10 sets a sufficient workout. If this is the case, practice the "dead bug" movement for a week before moving on to the actual workouts outlined in this strategy.

Cornerstone



The parallels between the sacrificial death of Christ and the sacrificial death of Samson, relayed to us in the Word of God are truly astonishing.

Delilah, the treacherous wife of Samson, betrayed her husband for money...

¹⁸And when Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, Come up this once, for he hath shewed me all his heart. Then the lords of the Philistines came up unto her, and brought money in their hand.

Christ, the husband of the church (Rev. 19:19) too was betrayed for money.

¹⁵ (Judas) said unto them, What will ye give me, and I will deliver him unto you? And they covenanted with him for thirty pieces of silver.

¹⁶And from that time he sought opportunity to betray him.

In mockery, they blinded Christ, and struck Him:

⁶³And the men that held Jesus mocked him, and smote him.

⁶⁴And when they had blindfolded him, they struck him on the face, and asked him, saying, Prophecy, who is it that smote thee?

⁶⁵And many other things blasphemously spake they against him.

As for Samson they blinded him by putting out his eyes and forced him to labor, as Christ labored carrying the cross to Golgotha.

²¹But the Philistines took him, and put out his eyes, and brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison house.

The Spirit of the Lord departed from Samson,

²⁰And she said, The Philistines be upon thee, Samson. And he awoke out of his sleep...and he wist not that the LORD was departed from him.

...And God forsook His Own Son on the Cross.

⁴⁶And about the ninth hour Jesus cried with a loud voice...My God, my God, why hast thou forsaken me?

The world rejoiced at the death of Christ as was predicted in John 16:20, and the heathen rejoiced at the capture and torture of Samson.

²³Then the lords of the Philistines gathered them together for to offer a great sacrifice unto Dagon their god, and to rejoice: for they said, Our god hath delivered Samson our enemy into our hand.

²⁴And when the people saw him, they praised their god: for they said, Our god hath delivered into our hands our enemy, and the destroyer of our country, which slew many of us.

²⁵And it came to pass, when their hearts were merry, that they said, Call for Samson, that he may make us sport. And they called for Samson out of the prison house; and he made them sport:

Christ too was mocked for our shame and sin,

³⁵And the people stood beholding. And the rulers also with them derided him, saying, He saved others; let him save himself, if he be Christ, the chosen of God.

Like the thief on the cross,

³⁹And one of the malefactors which were hanged railed on him, saying, If thou be Christ, save thyself and us.

⁴⁰But the other answering rebuked him, saying, Dost not thou fear God, seeing thou art in the same condemnation?

⁴¹And we indeed justly; for we receive the due reward of our deeds: but this man hath done nothing amiss.

⁴²And he said unto Jesus, Lord, remember me when thou comest into thy kingdom.

⁴³And Jesus said unto him, Verily I say unto thee, Today shalt thou be with me in paradise.

...Samson asked for remembrance from God:

²⁷Now the house was full of men and women; and all the lords of the Philistines were there; and there were upon the roof about three thousand men and women, that beheld while Samson made sport.

²⁸And Samson called unto the LORD, and said, O Lord God, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes.

But perhaps the most striking comparison is the manner in which both died. Both gave their lives as a ransom, with their arms stretched out.

²⁹And Samson took hold of the two middle pillars upon which the house stood, and on which it was borne up, of the one with his right hand, and of the other with his left.

³⁸Then were there two thieves crucified with him, one on the right hand, and another on the left.

³⁰And Samson said, Let me die with the Philistines. And he bowed himself with all his might; and the house fell upon the lords, and upon all the people that were therein.

⁴⁶And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.

Both Christ and Sampson knew that to destroy the enemy they had to demolish the enemy's foundation, the cornerstone of his strength.

When Samson destroyed the sanctuary of Dagon, he attacked the structure the temple was standing on. Christ too, destroyed the foundation of the kingdom of darkness, by the shedding of His blood on the beam in which his hands were nailed.

Satan too utilizes this same strategy of tearing down foundations.

The prince of this world has many devices. But as one studies, it becomes clear that Satan's initial attack always begins by planting seeds of doubt in what God has clearly said.

The first example of this occurs in Genesis chapter three:

¹Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Now, has God said, You shall not eat of every tree of the garden?

In verse one Belial attacks the base of Eve's belief, the Words of God.

²And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

Instead of rebuking the devil for trying to sow seeds of doubt, Eve answers him, opening herself up to further temptation.

³But of the fruit of the tree which is in the midst of the garden, God hath said, You shall not eat of it, neither shall you touch it, lest you die.

⁴And the serpent said unto the woman, You will not surely die:

We see in verse one that first Satan introduces confusion then manipulates truth.

God warns us to guard our hearts and to take every thought captive, to ensure the enemy will not be able to destroy the groundwork of our belief.

Psalm 11:3 "If the foundations be destroyed, what can the righteous do?"

His attempt to attack the bible with vein philosophies and religions has sadly worked remarkably well through all ages.

From Evolution to humanism, false religions to relative morality, the chief enemy of us all breeds' doubt, by tearing down the certainty of God's absolute truth as laid out in the Bible. Once he gets his victim to doubt the firm foundation of God's Word, he can move in and make havoc of the unbeliever's life.

In this same manner, the bodybuilder can self-implode by failing to train the foundational core of their physique, the frontal abdominal region.

The foundations of our spiritual and physical frames need trained rigorously and regularly...

Failing to do so will cause imbalance and injury to both our outer and inner man.

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