

# The Ultimate Abs Exercise Plan

**H**aving worked at Men's Health magazine for more than 10 years, I've seen all the trends. (Oh, electrodes on my abs? No, thanks.) I've talked to trainers. I've tried just about every exercise ever concocted. In a lot of ways, my workout is my work. But I'm also busy with calls, meetings, and all the stresses that go with any job. So I know you want an exercise plan that fits into your life—not one that is your life. This routine is short and simple. In addition to performing this workout three times a week, train your largest muscle groups with classic moves like squats, bench presses, deadlifts, and rows. And add the 12 Abs Diet powerfoods to your diet. (See [Men'sHealth.com](http://Men'sHealth.com) for a meal plan to go.) The end result: You'll lose fat, build muscle, flatten your stomach—and change your body forever.

**THE WORKOUT** This routine attacks your midsection from every angle, so your abs are constantly challenged. Choose one exercise from each section for a total of three. Perform any exercise immediately after the other for the specified number of repetitions. Then repeat the circuit. After 2 weeks, choose the exercise in each group that you did 15 perfect reps from your previous workouts. This ensures that your muscles are always adapting to new stress.

**WARM-UP YOUR MUSCLE** This interval routine is designed to strip away the excess fat that's hiding your six-pack. Do it 3 days a week, after your weight session or on the days in between. Use your mode of choice—a treadmill, stationary bike, or rowing machine.

**STEP 1** Warm-up for 3 to 5 minutes at an easy pace, about 30 to 40 percent of your best effort.

**STEP 2** Run, cycle, or row at 90 percent of your highest effort for 30 seconds.

**STEP 3** Perform active rest, allowing your body to cool down to your warm-up speed for 30 seconds.

**STEP 4** Repeat this for seven times.

**STEP 5** Choose you can complete eight intervals, reduce the length of your active rest periods for 5 to 10 seconds each workout, until they're only 30 seconds long.



## STANDING CABLE CRUNCH

Attach a rope to a high pulley cable. Stand with your back to the weight stack, and hold one end of the rope in the left side of your head and the other end on the right.

Crunch your torso down. Pause, then return to the starting position. Do 20 to 25 repetitions.



## WEIGHTED CRUNCH

Lie on your back with your knees bent, ankles flat on the floor, and your feet flat on the floor. Place a 10- to 20-pound weight on your upper back. Crunch your torso up. Do 20 to 25 repetitions.

Do 20 to 25 repetitions.



## PULSE-UP

Lie with your hands under your buttocks and your legs extended straight up toward the ceiling, perpendicular to your torso. Lift your legs off the floor in a straight line. Pause. Then lower your legs. Do 20 to 25 repetitions.



## FIGURE-8 CRUNCH

Lie on your back with your knees bent at a 90-degree angle, maintaining a tight midsection but lightly touching them. Inhale and your feet lift off the floor. Exhale and your feet touch your knees, then slowly raise your head, shoulders, and rest of the body. Do 20 to 25 repetitions.

Keeping your torso up, move your feet in a figure-8 motion. Each figure-8 is one repetition. Do 20 to 25 repetitions.



## MEDICINE-BALL TORSO ROTATION

Hold a medicine ball or football with both hands in front of your chest. Quickly twist to your left and set the ball down behind your back.

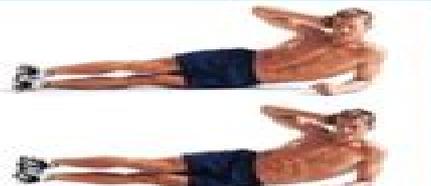
Twist to the right and pick up the ball. Repeat for 10 around to your left and set it down again. That's one repetition. Do 20 to 25 repetitions.



## SIDE JACKKNIFE

Lie around 10 feet, with your legs nearly straight and slightly apart of the floor. Rest all your feet on the floor with your left knee up to your right ear. Hold a 10- to 20-pound weight on your right hand. Lift your right hand and your legs off the floor. Do 20 to 25 repetitions.

From the start, then lift your feet. Do 20 to 25 repetitions.



## TWO-POINT BRIDGE

Assume the standard push-up position. Lift your right arm, and lift leg of the floor at the same time. Hold for 2 to 3 seconds, then lower them. That's one repetition.

Return to the starting position. Then repeat, lifting your left arm, and right leg this time. Do 20 to 25 repetitions.



## NEGATIVE CRUNCH

Sit with your torso bent and your feet flat on the floor, with your feet about 12 inches apart. Crunch your feet under weight to maintain balance. Extend your arms in front of you with your fingers touching. Begin with your upper body at slightly less than a 90-degree angle to the floor. Lower your legs to the floor at the same rate as your torso, maintaining your lower back, and keeping your arms extended. When your upper body reaches a 45-degree angle to the floor, return to the starting position. Do 20 to 25 repetitions.

Do 20 to 25 repetitions.



## BACK EXTENSION

Position yourself in a back extension station, and lower your feet under the leg anchors. Push your arms straight out beyond your head. Lower your torso allowing your lower back to arch and slightly, and it's just short of perpendicular to the floor. Pause. Then raise your upper body until it's slightly above parallel to the floor. At this point, you should have a slight arch in your back. Repeat for 10 to 15 repetitions. Do 20 to 25 repetitions.



## TWISTING BACK EXTENSION

Position yourself in a back extension station, and bend your feet under the leg anchors. Lift your torso until it's perpendicular to the floor. Lower your torso until your upper back is nearly parallel to the floor. Then twist your torso to the right and left, alternating sides. Do 20 to 25 repetitions.

Do 20 to 25 repetitions.



# Ultimate Abs

**John Earle Uhler**



## Ultimate Abs:

Ultimate Abs Gareth Sapstead,2022 Ultimate Abs provides a science based approach to abdominal training designed to help you finally achieve that long elusive six pack This practical guide features 130 of the most effective exercises a host of ready to use programs and proven strategies for achieving and maintaining results *Transactions* American Institute of Mining, Metallurgical, and Petroleum Engineers,American Institute of Mining Engineers,1929 Some vols 1920 1949 contain collections of papers according to subject **An Ultimate Abs Bundle** Dale L. Roberts,2015-12-06 Build Strong Abs in Four Weeks with this Radical Program that Attacks a Flabby Belly These detailed core workout plans are designed to help you carve a washboard while building a tapered physique If you could sculpt one body part to perfection what would it be Six pack abs of course Who doesn t want to lose body fat shrink their waistline eradicate lower back pain and show off granite like six pack abs Building an eye popping midsection is not the most difficult thing to do but it s certainly not the easiest either The Ultimate Abs Bundle includes Two of the most downloaded Ab Workouts books on Amazon com in one collection Book One The ABC Home Workout Plan Firm Tone and Tighten Your Abs Butt and Core Book Two The 15 Minute Standing Abs Workout Plan Ten Simple Core Exercises to Firm Tone and Tighten Your Midsection A variety of exercises and programs to elevate results and excitement with each workout Tips for keeping your midsection firm for years to come How to work out your legs and butt to expedite your weight loss goals Nine bonus books on Kindle that ll help with food choices recipes and motivation And entirely too much more to list here Learning how to get a six pack does not require expensive workout equipment promoted through obnoxious infomercials And getting a six pack does not involve starvation diets or even hundreds of crunches a day An Ultimate Abs Bundle The Very Best Collection of Core Workout Plans is your solution to achieving your best fitness goals to date Scroll to the top of the page and click the buy button to build your six pack abs today

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