

The Ultimate Abs Exercise Plan

Having 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 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 one 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 3 or more times in your previous workouts. This ensures that your muscles are always adapting to new stress.

WARM-UP **WALK YOUR BELLY** 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 walking 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 then wrap the rope over 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, shoulders and your feet planted on your floor. (If you're advanced, put one or two additional weights.) Slowly exhale as you bring your shoulder blades off the floor. Pause, then lower yourself to the starting position.

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 as you raise your feet off the floor. Black your feet perpendicular to your torso, then slowly raise your head, shoulders, and feet off the floor.

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, then bring it around to your left and set it down again. That's one repetition.

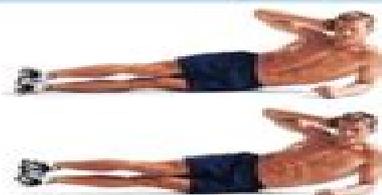
Do 20 to 25 repetitions.



SIDE JACKKNIFE

Lie around half way, with your legs nearly straight and slightly apart of the floor. Raise one leg up to the floor with your left knee just above your right knee. Hold your other leg straight out behind your right knee with your feet pointed toward your feet. At your highest point, your torso will be touching your feet. Inhale as you raise your legs and repeat. From the start, then exhale.

Do 20 to 25 repetitions.



TWO-POINT BRIDGE

Assume the standard push-up position. Lift your right arm, and left leg off the floor at the same time. Hold for 2 to 5 seconds, then lower them. That's one repetition.

Return to the starting position, then repeat, alternating 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, or on a wooden plank. Tuck your feet under weight to maintain balance. Extend your arms in front of you with your fingers touching. Breathe in your upper body as slightly less than a 90-degree angle to the floor. Lower your upper body to the floor, but keep your torso bent, 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.



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 exhale, 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 the top, you should have a slight arch in your back. Breathe in. Lower your torso to the starting position.

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 perpendicular to the floor. Lower your torso until your upper back is touching the floor. Then twist your torso to the right and exhale, and it's just short of perpendicular to the floor. Pause, and then twist your torso to the left and exhale. That's one repetition. Repeat, alternating sides.

Do 20 to 25 repetitions.



Ultimate Abs

N Colangelo



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 *Transactions* Metallurgical Society of AIME.,1927 **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 **Structural Engineering: Strength of materials. 1924** George Fillmore Swain,1924 Transactions of the American Institute of Mining, Metallurgical and Petroleum Engineers American Institute of Mining, Metallurgical, and Petroleum Engineers,American Institute of Mining Engineers,1927 Some vols 1920 1949 contain collections of papers according to subject *Papers and Discussions Presented Before the [Coal] Division* American Institute of Mining, Metallurgical, and Petroleum Engineers,1927 **PC Gamer** ,2006 Transactions of the American Institute of Mining and Metallurgical Engineers ,1927 *Transactions of the American Institute of Mining and Metallurgical Engineers (Incorporated)*. American Institute of Mining and Metallurgical Engineers,1928 **Mining and Metallurgy** ,1922 **The American Architect and Building News** ,1888 *International Sugar Journal* ,1921 *Demag News* ,1928 **The American Journal of Surgery** ,1927 Includes the papers and or proceedings of various surgical associations *Standard & Poor's Creditweek* ,2005 *Science Abstracts* ,1921 **Representative English Dramas from Dryden to Sheridan** Frederick Tupper,1914 **Plays** Richard Brinsley Butler Sheridan,1908 **Sheridan's Plays Now Printed as**

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