

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. Rest 60 seconds after 2 weeks. Choose the exercise in each group that you did 1 performance on your previous workouts. This ensures that your muscles are always adapting to new stress.

WARM-UP YOUR MIDDLE 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 choice 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 steps 2 and 3 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 one end of the rope on 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. Pause, then return 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 and your feet lift off the floor. Exhale and your feet touch your knees, then slowly raise your head, shoulders, and feet off the floor. Do 20 to 25 repetitions.



MEDICINE-BALL TORSO ROTATION

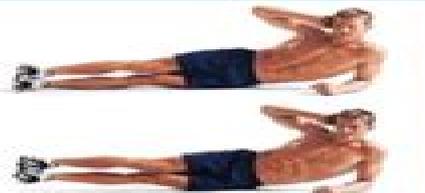
Place a medicine ball or football on the floor in front of you. Sit on the floor with your feet flat on the floor and your hands on the ball. Rotate your torso to the right and left. Do 20 to 25 repetitions.

Rotate the right and left of the ball. Pause, then rotate to your left and pull it down again. Do 20 to 25 repetitions.



SIDE JACKKNIFE

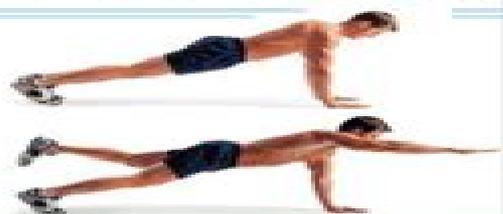
Lie on your side with your legs raised straight and slightly past of the floor. Rest on your forearm on the floor with your right forearm on the floor and your left forearm on the floor. Lift your legs off the floor. Pause, then lower your legs and repeat. Do 20 to 25 repetitions.



TWO-POINT BRIDGE

Assume the standard push-up position. Lift your right arm, and lift your left leg at the same time. Hold for 2 to 5 seconds, then lower them. Do 20 to 25 repetitions.

Repeat with your right arm and left leg. Do 20 to 25 repetitions.



NEGATIVE CRUNCH

Sit with your torso bent and your feet flat on the floor with your feet flat on the floor. Crunch your torso up and hold for 2 to 5 seconds. Lower your torso and repeat. 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 slightly, and lift your feet up to the top of the station. Pause, then lower your upper body until it's slightly above parallel to the floor. Do 20 to 25 repetitions.



TWISTING BACK EXTENSION

Position yourself in a back extension station, and hold your feet under the leg anchors. Lower your torso, and twist your upper body to the right. Pause, then twist your upper body to the left. Do 20 to 25 repetitions.



Ultimate Abs

S Ashworth



Ultimate Abs:

Ultimate Abs Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Ultimate Abs**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Ultimate Abs

1. Understanding the eBook Ultimate Abs
 - The Rise of Digital Reading Ultimate Abs
 - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Abs
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ultimate Abs
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ultimate Abs
 - Personalized Recommendations
 - Ultimate Abs User Reviews and Ratings
 - Ultimate Abs and Bestseller Lists

5. Accessing Ultimate Abs Free and Paid eBooks
 - Ultimate Abs Public Domain eBooks
 - Ultimate Abs eBook Subscription Services
 - Ultimate Abs Budget-Friendly Options
6. Navigating Ultimate Abs eBook Formats
 - ePub, PDF, MOBI, and More
 - Ultimate Abs Compatibility with Devices
 - Ultimate Abs Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ultimate Abs
 - Highlighting and Note-Taking Ultimate Abs
 - Interactive Elements Ultimate Abs
8. Staying Engaged with Ultimate Abs
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ultimate Abs
9. Balancing eBooks and Physical Books Ultimate Abs
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ultimate Abs
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Ultimate Abs
 - Setting Reading Goals Ultimate Abs
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Ultimate Abs
 - Fact-Checking eBook Content of Ultimate Abs
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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