

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 row 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 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 heart rate to drop to your resting level 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 together. Lift your head and shoulders off the floor. Hold for 10 seconds. 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. Lift your head and shoulders off the floor. Bend your knees and pull your feet toward your head, shoulders, and feet off the floor. Do 20 to 25 repetitions.



MEDICINE-BALL TORSO ROTATION

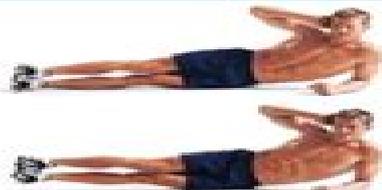
Hold a medicine ball or football with both hands in front of your chest. Quickly twist to your left and set the ball down behind your back.

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 100 yards, with your legs nearly straight and slightly apart of the floor. Rest on your forearms on the floor with your right forearm on the floor and your left hand on the floor. Lift your head and shoulders off the floor. Hold for 10 seconds. 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 5 seconds, then lower them. That's one repetition.

Repeat on 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. Crank 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 time, 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 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 perpendicular to the floor. Then twist your torso to the right and left, alternating sides. Repeat for 10 to 15 repetitions. Do 20 to 25 repetitions.



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