

Easy Abs Workout



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Introduction

There's a saying about how everyone has abs. It is TRUE. We are all born with abs regardless of our body shape. Fat people who have bulging tummies indeed have their abs secretly lying right beneath those fats.



Are you fat, with tummy or love handles (fats on waist)? Or are you skinny, with visible bony figure or maybe flabby tummy?

Whichever body figure you are donning now, are you sick and tired of it? You might have tried plenty of ways from food diet to exercises but nothing seems to work very well for you? All you want is just to look great, feel good and be confident. Am I right?

Here's the good news for you! You already have a wonderful set of killer washboard abs! It might just be hidden underneath your fats or is still underdeveloped. The one and simple way is to get rid of the flab above by shedding off your fats, and tadah! It's really as simple

as that!

This article will teach you the extremely easy abs workout that will help you build the to-die-for sexy washboard abs!



Cardiovascular Exercise

Washboard abs, getting lean and losing weight are all tied into a consistent cardiovascular workout program.

Cardiovascular workout is an endurance exercise that strengthens the circulatory system by increasing your metabolic rate. By doing it over long stretches of time, it makes your heart beat faster and pump

more blood through your system, bringing nutrients and oxygen to every cell.

Cardio workout can be simply explained as physical exercise of low to high intensity that depends on the aerobic energy-generating process of the exercise you do. It's any activity that gets your heart rate raised to 50 - 75% of your maximum heart rate. Calculate your maximum with the formula 220 minus your age. For example, if you're 25 years old, $220 - 25 = 195$.

Cardio workout burns calories in your body. Most people do cardio training to lose weight, gain body mass, train stamina, etc.

You should do 30-45 minutes of activities like walking, running, biking or swimming daily 4-5 times per week. It takes about four weeks before you start to see the physical benefits of your diet and exercise program. You should notice immediate results in your energy level, overall mental alertness when exercising daily. Start off slowly if you are a beginner in cardiovascular exercises. A good way to get started is to walk or run with the following six weeks program:

Week #1 - Walk/run - 1 mile a day for 5 days a week

Week #2 - Walk/run - 2 miles a day for 5 days a week

Week #3 - Non-impact week - bike or swim for 20-30 minutes a day

Week #4 - Walk/run - 2 miles a day for 5 days a week

Week #5 - Walk/run - 3 miles a day for 4-5 days a week

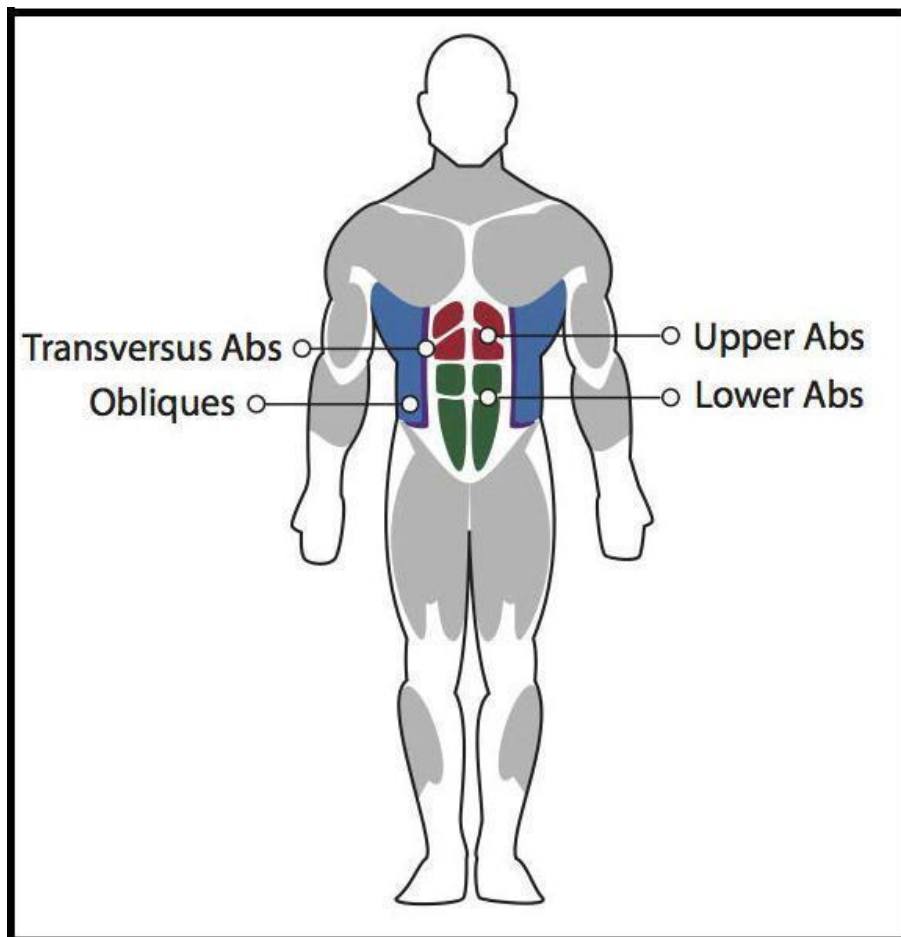
Week #6 - Walk/run - 4 miles a day for 4-5 days a week

Note: week #3 is non-impact due to the possible number of strains/injuries that occur to legs (knees, shins, feet, hips) during the third week of beginning a walking or running program.

When you have shed off the layer of fats on the surface, it is time for the real game: *Sculpturing The Dream Abs*

Targeting The Regions

Our abdominal muscles consist of 3 major muscle groups and 4 distinct areas: the upper abs, lower abs, obliques and transverse abs.



Your body adapts to your current abdominal workout. It is important to change your ab workouts every few weeks to continue developing your core strength and stability.

Any complete ab workout works all of these abdominal muscle groups.

The following basic ab workouts consist of multiple exercises

that target distinct areas of your abdomen, while at the same time works multiple muscle groups as well.

EXERCISE 1:

SIT-UPS

Primary Target: Upper Abs

Secondary Target: Lower Abs and Obliques



Lie flat on your back on the floor with your knees bent and your legs secured under something heavy that could hold your body weight. Place your hands behind your head.

Flexing your abdominals, raise your torso until you are in nearly a

sitting position.

Retaining tension on the abs, lower your torso to the beginning position. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

EXERCISE 2:

LEG RAISES

PRIMARY TARGET: Lower Abs

SECONDARY TARGET: Upper Abs and Obliques



Lie flat on your back on the floor with your legs straight in front of you. Place your hands at your sides by the floor for support. Flexing your lower abdominals, raise your legs until they are perpendicular to the floor.

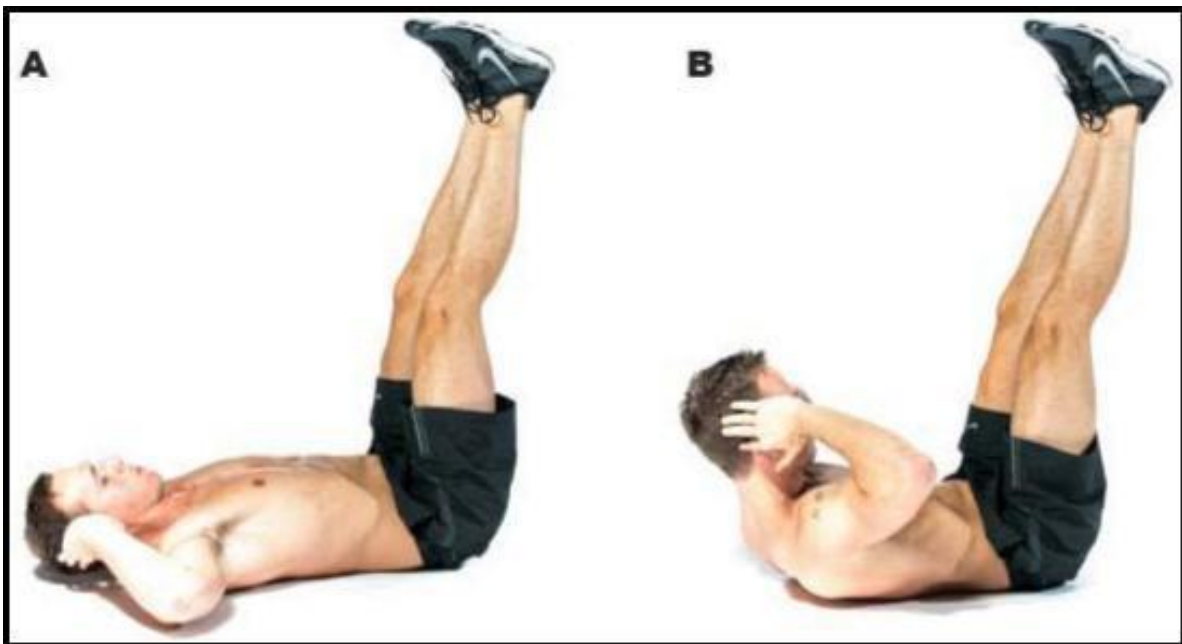
Retaining tension on the abs, lower your legs to the beginning position. (Note: Maintain full control throughout the movement. Avoid the temptation to let your legs drop on the negative portion of the movement).

EXERCISE 3:

LYING LEG RAISE+CRUNCH

PRIMARY TARGET: Upper and Lower Abs

SECONDARY TARGET: Obliques



Lie flat on your back on the floor with your legs straight in front of you. Place your hands at your sides by the floor for support. Flexing your lower abdominals, raise your legs until they are perpendicular to the floor.

At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor.

Retaining tension on the abs, lower your legs to the beginning position and then bring your torso to the starting position as well. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

EXERCISE 4:

KNEE-INS

PRIMARY TARGET: Lower Abs

SECONDARY TARGET: Upper Abs and Obliques



Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support. Keeping your knees together, pull your knees in towards your chest until you can go no farther.

Keeping the tension on your lower ab muscles, return to the start position and repeat the movement until you have completed your set.

EXERCISE 5:

TOE TOUCHERS

PRIMARY TARGET: Upper and Lower Abs

SECONDARY TARGET: Obliques



Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.

Simultaneously bring your legs up as far as possible while at the same time bringing your torso towards them. Return to the start position and repeat the movement until you have completed your set. (Note: This is a modified version of a V-Up. In a true V-Up your starting position is lying down on the floor and bringing yourself up with no arm support).

EXERCISE 6:

CRUNCHES

PRIMARY TARGET: Upper Abs

SECONDARY TARGET: Lower Abs and Obliques



Lie flat on your back on the floor with your legs in front of you bent at the knees. Place your hands by your chest.

At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor. Retaining tension on the abs, bring your torso to the starting position.

(Note: Maintain full control throughout the movement. Avoid the

temptation to rock back and forth).

EXERCISE 7:

REVERSE CRUNCHES

PRIMARY TARGET: Upper and Lower Abs

SECONDARY TARGET: Obliques



Lie flat on your back on the floor with your legs straight in front of you. Place your hands behind your head for support. Slowly bend your legs at the knees bringing them towards your chest.

Once the knees are by your chest, raise your shoulders and torso as

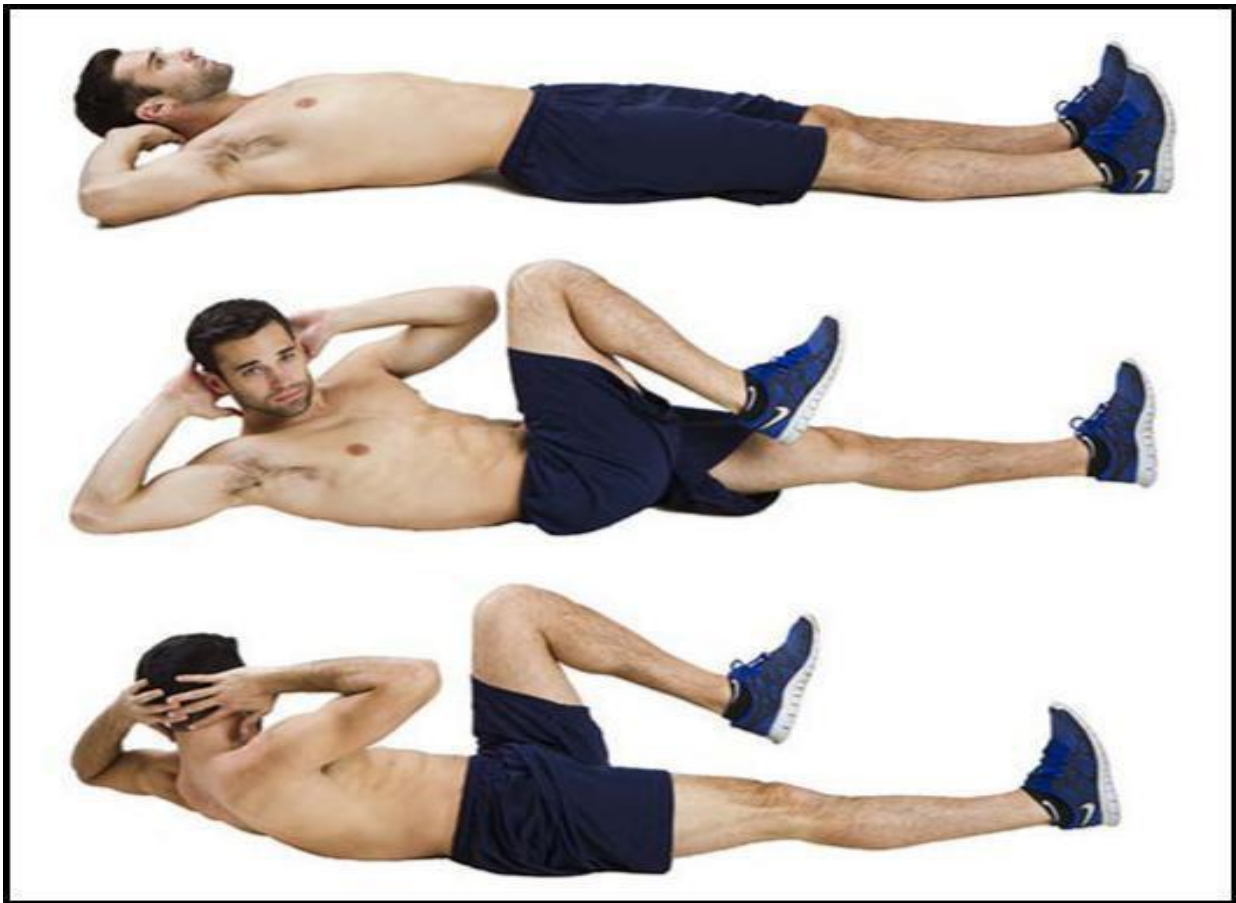
far as possible from the ground in a curling movement without raising your back from the floor. Return your legs to the starting position and bring your torso back to the floor.

EXERCISE 8:

BICYCLE CRUNCHES

PRIMARY TARGET: Upper and Lower Abs

SECONDARY TARGET: Obliques



Begin by lying on the floor with the lower portion of your back firmly against the floor. Place the palms of your hands behind your head with your elbows pointed forward.

Use your legs in a pedaling motion to touch their opposite elbows as they are raised towards your chest. (Right knee touches left elbow, left knee touches right elbow). Keep your breath regulated during this exercise.

EXERCISE 9:

OBLIQUE CRUNCHES

PRIMARY TARGET: Obliques

SECONDARY TARGET: Upper abs



Begin in the same starting position as a normal crunch (lying on your back on the floor), but place your left foot across your right knee. While performing a crunch, lift your upper body to the right instead of straight up. Perform all repetitions for that side of your body before switching to the other side of your body. All repetitions on both sides of your body count as a single set.

EXERCISE 10:

RUSSIAN TWIST

PRIMARY TARGET: All 4 Areas

(upper & lower, transversus abs, obliques.)



Clasp your hands in front of you with your arms straight. Begin to twist only your upper torso to one side as far as you can comfortably go then twist to the other.

Sitting on your hips with your feet off the floor requires your to work your upper and lower abdominals as well as your transverse abs. The twisting motion engages your obliques. The important thing when

performing this exercise is to keep the core as tight as possible throughout the motion and to keep your back straight throughout the motion. One full rotation to the left, then to the right equals one complete repetition.

Keep twisting - but keep the movement somewhat at a slow pace. You do not want to jerk the weight around and injure your lumbar in any way.

Designing Your Personal Workout Plan

Step 1: Select Your Difficulty Level

Everyone has different level of core stability and strength. Choose to begin at the level most appropriate for you.

If you're beginning to work your abdomen for the first time (or have not worked in awhile), start with easy exercises. If done properly, easy exercises will still challenge your core while building a necessary foundation.

Do not greedily skip to hard exercises. Beginning with advanced exercises will lead you to use poor form to compensate for lack of core strength. This will delay your core development and also increase your risk of injury.

If you are more advanced and have been working out regularly, begin with medium or hard exercises to better challenge your core. If you are unsure of your fitness level, try different difficulty levels to find the core workout that works best for you.

Step 2: Choose your exercises

All of the exercises listed above are classified by abdominal region. Choose one or two exercises from each region to work the entire

abdomen. Do not neglect any one abdominal area. Keep in mind that there is no one work out that only targets one region.

For beginner, you will be starting with easy exercises. A complete abdominal routine includes reverse crunches (upper abs), crunches: knees bent (lower abs), side crunches (obliques), and twist (transverse abs).

As a beginner, try to avoid combination exercises at first, as these tend to be more difficult and potentially risk injury.

If you are a frequent workout goer, you can start with medium or hard difficulty exercises. A complete ab routine include seated knee raises (upper abs), toe touches (lower abs), hanging leg raises with bent knees: twisting (obliques), exercise ball roll-outs (transverse abs), and bicycles (upper/lower/obliques).

Step 3: Check that Your Selected Exercises are NOT High Risk

Certain advanced combination exercises are not suitable for men with back problems. If you have injuries prior to performing these workouts, always check if a certain workout will risk worsening your injuries or not.

Step 4: Order Your Exercises

The order of your exercises in your ab workouts is not particularly important. However, you should change the order of your exercises each session to avoid complacency.

Your body adapts to your current abdominal workout. It is important to change your ab workouts every few weeks to continue developing your core strength and stability.

Step 5: Planning The Sets

The number of sets and repetitions you perform in your ab workouts is not as important as the quality of your technique. Better technique with fewer sets and reps is always superior to poor technique with many sets and reps.

A general guideline is to begin with 2-3 sets of 10-20 repetitions of each exercise. You can also perform additional sets or repetitions to challenge your core before you change to higher difficulty exercises. This will set as a platform for your core to adjust to the progress in

terms of difficulty level of your workout.

Here's an example of a workout schedule:

Monday Routine	Sets/Reps	Wednesday Routine	Sets/Reps	Friday Routine	Sets/Reps
1. Reverse Crunches	2 x 10	1. Prone Plank	2 x 12	1. Side Crunches	2 x 15
2. Crunches: Knees Bent	2 x 10	2. Reverse Crunches	2 x 12	2. Prone Plank	2 x 15
3. Side Crunches	2 x 10	3. Crunches: Knees Bent	2 x 12	3. Reverse Crunches	2 x 15
4. Prone Plank	2 x 10	4. Side Crunches	2 x 12	4. Crunches: Knees Bent	2 x 15

Change the workout every 2-4 weeks and gradually progress from

easy to medium to hard exercises. This stepwise progression will continue to challenge and develop your core.

Three ab workouts per week is more than sufficient to build a strong stable core and give your abdominal muscles time to rest and recover.

Wrapping Up

Bear in mind that abdominal exercises do not target/burn abdominal fat. Abdominal exercises target abdominal muscles, making them stronger and frequently larger.

In order to burn belly fat, one must incorporate cardiovascular exercises and/or implement a calorie-controlled diet routine.

A combination of cardiovascular and abdominal strengthening exercises are necessary to reduce belly fat and improve core strength and flexibility.

Remember, if your diet is not dialled in neither will be your abs no matter how much cardio or exercise you do.

So stick to your diet, weight train hard and sculpt those abs!