

# 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 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 consistently three times a week for the specified number of repetitions. Then repeat the circuit after 2 weeks. Choose the circuit in each group that you did a performance on 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 two to 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, ankles flat on the floor, and your feet together. Place a 10- to 20-pound weight on your upper back. Crunch your torso up, holding the weight steady. 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. Blacken your feet, pulling them toward your chest, 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

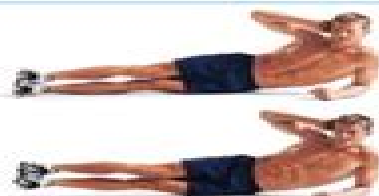
Place a medicine ball or football on a flat surface. Lift your right arm and sit back on your heels. Quickly twist to your left and sit the ball down behind your back.

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.



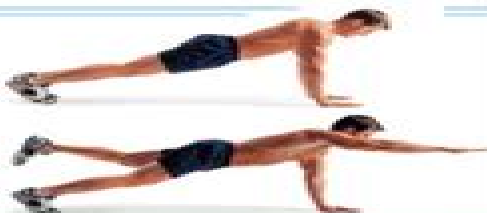
## SIDE JACKKNIFE

Lie around half way, with your legs nearly straight and slightly apart of the floor. Rest on your forearm on the floor with your right forearm on the floor and your left hand on the floor. Lift your right arm and your left hand, with your arms extended toward your feet. At the top, your right arm will be touching your left arm. Pause for 1 second. Then lower your right arm and repeat. From the start, then continue. 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. Perform your starting position, then repeat, alternating left arm and right leg 5 times. Do 20 to 25 repetitions.



## NEGATIVE CRUNCH

Sit with your torso bent and your feet flat on the floor, with your feet about shoulder-width 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 a slightly less than a 90-degree angle to the floor. Lower your torso to the floor at the same rate as your legs descend, rounding 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 the top, your shoulder must be straight and on your back. Repeat. 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, and then twist your torso to the right. Lower your torso to the floor at the same rate as your legs descend, rounding your lower back, and keeping your arms extended. That's one repetition. Repeat, alternating left and right. Do 20 to 25 repetitions.



# Ultimate Abs

**Sabine Zange**



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