

We all see them in the media, on the television, In magazines: Abs. but how do you get them? We have all done the traditional sit up, which can start to hurt your back. So here is an abs workout that will help bring those bad boys out for everyone to see.

You'll need: One medium dumbbell (8 to 15 lbs), or something of the same weight, and a bench or step

Hollow Body Hold

A. Lie faceup on the floor with legs outstretched and arms overhead, biceps by ears.

B. Press lower back into the floor and engage core to lift arms, shoulder blades, and legs about a foot off the floor.

Hold for 30 seconds.



Weighted Reverse Crunch

- A. Start lying down on the floor facing face up with knees over hips and bent at a 90-degree angle. Hold one medium-weight dumbbell in both hands over chest.
- B. Rock knees in toward chest to lift hips off the floor.
- C. Slowly return to starting position.

Repeat for 30 seconds.



Full Extension to Reverse Crunch

- A. Lie faceup on the floor with arms and legs outstretched and hovering off the floor.
- B. Crunch upper body and legs in, reaching arms by sides, lifting shoulder blades off the floor, and driving knees in toward forehead.
- C. Inhale and slowly return to starting position.

Repeat for 30 seconds.



Kneeling Press-Up

- A. Kneel with hips resting on heels and palms flat on the floor just outside of knees.
- B. Press into palms to lift hips into the air as high as possible, drawing belly button toward spine and keeping toes in contact with the floor.
- C. Slowly lower to starting position without resting knees, and shins completely on the ground.

Repeat for 30 seconds.



Crab Bridge

A. Lying down on the floor facing face up, place both hands on the floor with hands facing forwards. Keep arms straight from shoulder through to hand. Feet flat on the floor facing forwards with 90 degree bend in knees.

B. Push weight through hands & feet together pushing hips up and making a bridge pose. Head relaxed in neutral position.

Hold for 30 seconds.



Leg Drops

- A. Lying down on the floor facing face up, place both hands on the floor with hands facing forwards. Keep arms straight from shoulder through to hand. Feet flat on the floor facing forwards with 90-degree bend in knees.
- B. Keeping lower back pressed into the bench and knees bent at 90 degrees, slowly lower legs down until heels tap the floor.
- C. Exhale and squeeze abs to lift legs and return to starting position.

Repeat for 30 seconds.

