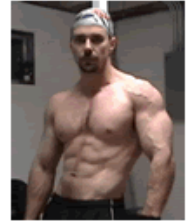




# Flatten Your Abs!

A Trainer's 30-Second Workout Secrets Revealed...



[30-Second Ab Workout Secrets](#)

[Your "Anywhere" Ab Exercises](#)

[5 Simple Steps to Lose Fat](#)

## Let's Face It...what you WANT from your abdominal training is actually very simple...

...a flat stomach, maybe a nice six-pack, a smaller, tighter waist, a stronger midsection to help ease back pain.

Simple.

So why do so many trainers complicate things and come up with insane programs that force you to push your body to the point of near destruction and suffering when it's totally NOT necessary in order for you to get the results you want?

You just need to know a few simple exercises that you can do in very short periods of time with very little (or no) equipment that you can do ANYWHERE.

And let me just be clear on one thing right up front...if you're carrying a lot of extra fat, you're NOT going to be able to see your abs or have a flat stomach no matter how many ab exercises you do!

That being said, the 4 big ab workout secrets I'm going to share with you in this book will help you achieve that flat stomach...that tighter, firmer waist...that you're looking for WITHOUT going to the gym and killing yourself every day.



Nick Nilsson  
The Mad Scientist of Muscle



## My name is Nick Nilsson, and if you're not familiar with me, I'm known in the fitness world as the "Mad Scientist of Muscle."

Don't let the nickname fool you, though...I train hard and I carry a lot of muscle but my goal here for YOU is to help you get the abs you want WITHOUT having to train insane like me ;).

The exercises I've put together for you here are designed to get you maximum results in minimum time.

Now, don't get me wrong, I'm not saying these exercises are all so easy that they're useless fluff...your abdominal muscles will be challenged...they just won't be destroyed!

I want you to ENJOY the abdominal training you're doing and actually WANT to come back for more because you're getting the results you want without killing yourself.

Now, let's get started!

*Nick Nilsson*

The Mad Scientist of Muscle

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## [30 Second Ab Workout Secrets](#)

## [Your "Anywhere" Ab Exercises](#)

## [5 Simple Steps to Lose Fat](#)

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**Please Note:** Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

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[Please read the the terms and conditions of using the exercises in this book.](#)

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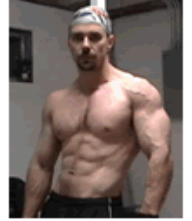
<a href="#">30-Second Ab Workout Secret</a>	<a href="#">Your "Anywhere" Ab Exercises</a>	<a href="#">5 Simple Steps to Lose Fat</a>
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## 30-Second Ab Workout Secrets

So when you think of abdominal exercises, what are the first exercises that pop into your head?

Crunches? Sit-ups? Leg raises? Pretty standard stuff...

Yet focusing on just these exercises is the **BIGGEST** mistake people make when training abs and trying to get a flat stomach...and it will absolutely **GUARANTEE** failure.

Not only are they **NOT** effective for flattening the stomach, these exercises are repetitive, grinding movements that put excessive pressure on the spine...and they can lead to hunched-over body posture and lower back pain.

Crunches, leg raises and sit-ups just aren't going to cut it...

**Secret #1 - Crunches and Sit-Ups WON'T Flatten Your Stomach...Because They CAN'T**

So here's the big secret...

[Rotational exercises that work the DEEP muscles of the core will flatten your stomach, NOT crunches or sit-ups.](#)

Here's a scenario that will show **EXACTLY** what I'm talking about...

If you had a tensor/ACE bandage (the bandage that has elastic in it) and wanted to somehow use it to make your waist appear smaller or to flatten out your stomach, how would you use it? Would you attach it to your lower chest and to your thighs, running the bandage vertically? Would you loop it over your shoulder and between your legs?

Of course not! You'd wrap it **AROUND** your waist as tightly as possible, like a corset.

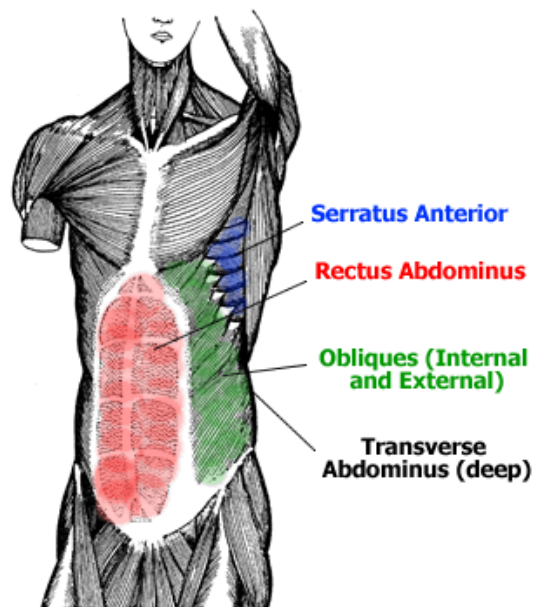


## And here's why doing crunches won't flatten your stomach or tighten your waist...

The muscle fibers of the Rectus Abdominus (this the anatomical name for the six-pack abs) run VERTICALLY on your body, starting at your rib cage and attaching down on your pelvis, just like if you were looping the tensor bandage over your shoulder and between your legs.

You can work them like crazy and even develop that six-pack, but you WON'T get that completely tight waist and flat stomach you're looking for because the muscle fibers would have to run horizontally AROUND your body in order bring your waist in and tighten it up.

It's simply not anatomically possible for the six-pack abs to flatten your stomach.



The solution, like I mentioned above, is to work the muscles that are designed for the job: the deep muscles of the core that are have fibers that run AROUND your waist... these are called the Transverse Abdominus and the Obliques.

And I'm going to teach you some simple exercises that you can do anywhere that DIRECTLY target these often-ignored deep muscles to cinch up your midsection and give you that tight, wasp waist that crunches haven't given you and never will.

**Secret #2 - All Ab Exercises are NOT Created Equal...Some Can Actually Make You Look FATTER!**

And yeah, I'm not even kidding about that...using the WRONG ab exercises can actually build up your stomach muscles TOO much in the wrong places and make you look even fatter than you are!

The best example is the weighted side bend exercise that many people do in an attempt to lose their love handles.

This exercise works the obliques, which are directly under the love handles and which respond very readily to weight training...and they respond sort of resistance-based exercise by GROWING.

This pushes any extra fat in the area out wider to the sides and makes you look even wider than you actually are!

To actually achieve the goals of a flat stomach, a tight waist and a better six-pack, you need exercises that DON'T make your midsection look WORSE. [You need exercises that properly target and train the abdominals.](#)

## **Secret #3 - You Don't Need Special Equipment to Get Great Abs...There Are Plenty of Exercises You Can Do At HOME (or even at work!)**

And you especially don't need the latest "infomercial product of the month." You don't need to lounge your way to a six-pack...you don't need to sit on a wobbly chair...and you absolutely don't need to strap on a useless electric belt.

Truth be told, some of the BEST abdominal exercises you can do are done with ONLY your bodyweight! And I've put together a great selection of "zero equipment" exercises you can do at home, on the road, at work...wherever...effective ab training shouldn't be limited by the equipment you have available.

In fact, as you'll see, the most effective abdominal training to achieve that flat stomach and tighter waist SHOULD be done anywhere and everywhere!

# **The FINAL Ab Workout Secret? Don't Do Ab Workouts...**

Yep, you read that right...the secret is not to do them.

I'm talking about those big intimidating 20-minute ab workouts that leave you lying on the floor, feeling the burn, gasping in pain, etc. It's simply NOT necessary to do that much work to achieve the goals you want.

Yes, you DO want to work hard the exercises I'm going to show you...but you DON'T have to do a big, giant workout with a lot of exercises all at once.

The key to what you're looking to achieve is to do short, 30 SECOND workouts throughout the day. Literally I want you to do just one exercise for 30 seconds every hour or two throughout the day.

You're going to strengthen and tighten your abs very frequently throughout the day, in essence RETRAINING them to be tight and firm all the time, rather than hitting them with one big workout and then they get to slack off the rest of the time.

These exercises are convenient, so you can do them just about anywhere, whether it's at home, or at work, at school or on the road (heck, set an alarm reminder on your smartphone to go off and tell you do an exercise and you'll be all set!)

Because let's face it...gearing yourself up for a big workout isn't always something you have the time or the energy for.

But 30 seconds? You've got that.

No sweating...no screaming...no thrashing around on the floor like a fish out of water.

Just RESULTS in 30 seconds.

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## [Now Let's Go to the Exercises...](#)

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[30-Second Ab Workout Secret](#)

[Your "Anywhere" Ab Exercises](#)

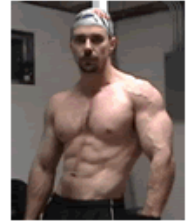
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## Your "Anywhere" Ab Exercises

These 18 exercises will form the basis of the abdominal training you're going to be doing regularly throughout the day. As I mentioned in the "[30 Second Ab Workout Secrets](#)" section, you'll do one of these exercises for 30 seconds (or more, if you can) every hour or two throughout the day.

By working the abs in this very frequent fashion, you'll be constantly teaching them to stay tight and firm, you won't have to gear yourself for a massive workout, and you'll see FAST results.

These exercises are simple and convenient and VERY effective.

You'll also notice that I've included several lower-back exercises at the bottom of the list. I recommend doing at least one or two 30-second blocks of these exercises every day as well, to balance out all the work you're doing for the frontal abdominal muscles.

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### Abdominal Exercises

[Counter Planks](#)

[Curl Squats](#)

[Forearm-Braced Side-to-Side Shifting](#)

[Human Flag Starter Version](#)

[Lying Lower Ab Raises for Pooch Belly](#)

[One-Arm Desk Pushes](#)

[One-Arm Leaning Side Planks](#)

[One-Arm One-Leg Cross-Bracing](#)

[Outrigger Planks](#)

[Seated Core Body Supports](#)

[Seated Desk Elbow Pushdowns](#)

[Single Weight Farmers Walks](#)

[Single Weight Overhead Press](#)

[Single Weight Squats](#)

[Ski Jumper Planks](#)

[Trunk Twists With a Twist](#)

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## Lower Back Exercises

[Bird Dogs](#)

[Standing Superman Exercise](#)

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**[The Next Step...Lose The Extra Fat...](#)**

[30-Second Ab Workout Secret](#)

[Your "Anywhere" Ab Exercises](#)

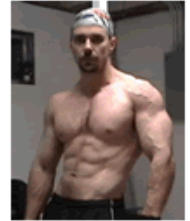
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## 5 Simple Steps to Lose Fat

Now, if you want to **SEE** the abs you're working so hard on here, you have to lose the fat that's covering them up. And just doing abdominal training on it's own simply won't be enough.

Granted, by doing these exercises, you're taking a **BIG** step in the direction and you **WILL** see an improvement in how your stomach looks and how your body feels and moves.

But to actually see your abs and get a flat stomach, you're going to have to lose the extra fat.

So right now, I'm going to give you a short 5-step guide that will get you moving in the right direction...a training program (done 3 times per week) covering weights and cardio, as well as what to eat, how much to eat, and what supplements you need and don't need.

Let's get right to it!

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### STEP 1 - Food QUALITY for Fat Loss

For fat loss, **WHAT** you're eating is just as important as **HOW MUCH** you're eating. Think of it it way...you can lose weight eating **ONLY** 1000 calories worth of chocolate pudding every day...but how do you think you're going to feel eating nothing but chocolate pudding!

It's **VERY** important to eat good quality, nutritious food when you're trying to lose fat. Your body needs nutrients to function. Without good nutrition, your body will react in two ways: first, it will shut down your metabolism to try and conserve nutrients. Second, it will set off **RAGING** cravings to try and get you to eat more nutrients!

Focus on unprocessed foods, as close to their natural state as possible.

Unprocessed foods are more nutritious and easier for your body to digest and work with.



This simple change can make a big difference to your fat-loss efforts.

Here's the deal...contrary to popular thought, a calorie is NOT a calorie. The popular scientific consensus used to be (and still is according to some people) that all calories are created equal. That it didn't matter what you ate in terms of nutrients (fat, carbs and protein), as long as the total calorie intake was below a certain point, you would lose fat.

Unfortunately, that is NOT the case and it's common sense - what do you think would help you lose fat better (and support your body nutritionally)...that 1000 calories of chocolate pudding or 1000 calories of lean chicken breast, vegetables and brown rice?

Quality of food DOES matter and it can mean the difference between success and failure.

My advice: for 1 week, take a small notepad wherever you go and write down EVERYTHING you eat. And I do mean EVERYTHING - even if it's just a snack or a little nibble of a cracker, write it down, as well as how much of it you ate. Remember, this is just for one week - you don't have to do this for the rest of your life so be honest about everything you eat!

At the end of the week, look at what you've eaten and put a checkmark beside everything that is unprocessed (a good rule of thumb is anything that can be found on the outside aisles of the grocery store, lean meats, fish, eggs, veggies, fruits, nuts, potatoes, whole grains, legumes, etc.). This is a good visual cue to see exactly how you're doing with your food quality.

If you see that more than half of the foods have checkmarks beside them, you're doing much better than average already! Ideally, you want to get that number of checkmarks as high as possible.

You don't need to be perfect to get the results you want...just do the best you can and always strive to do better!

For more information about nutrition and eating, check out the following article:

[BASIC Nutrition - A Quick, Common-Sense Guide To What You Should Be Eating to Stay Healthy and Get Results Right Now](#)

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## STEP 2 - Food QUANTITY for Fat Loss

Now that you've looked at WHAT you're eating, it's time to turn your attention to HOW MUCH you're eating. Even the highest quality, nutritious food can make you fat if you eat too much of it. So to lose fat effectively, you basically have to eat less food.



There are many, MANY methods and formulas for figuring this out but, bottom line, ALL of them are really just "best-guesses" - even the scientific formulas that work out your requirements to the single calorie are just guesses.

These guesses are based on plenty of data, mind you, and they can be very helpful in determining a good starting point. But if a formula says you need X number of calories and you eat that and you still aren't losing fat, obviously that number isn't the number for you.

Here's a very simple rule of thumb for estimating a STARTING POINT for determining your caloric intake to lose fat: take your weight in pounds and multiply it by 10. For example, if you weigh 175 pounds, that would give you a starting point of 1750 calories per day.

Go back to that week-long list of foods that you wrote down (from the previous point) and plug those foods into the database on this site (it has a HUGE number of foods that you can track):

[Calorie King Food Database](#)

Add up your calories for the whole week, divide that by 7 (to get your average caloric intake per day) and see how it compares to number you get from the simple formula I described above.

If it's higher, you need to eat less food. If it's lower and you find you're STILL not losing fat, you may need to eat even less than that.

I would NOT recommend going below 1000 calories per day for food intake at the VERY lowest. When you start getting that low, you run into problems because your body isn't getting enough energy and nutrients from the small amount of food you're eating. This is doubly true when you're exercising as well. Your body will react by slowing your metabolism and burning up lean tissue (like your muscle mass). This will put a stop to fat loss and can be dangerous!

---

## STEP 3 - WEIGHT TRAINING for Fat Loss

One of the first things people ask me when they want to lose fat is "how much cardio should I do." When I respond by telling them how much weight training they should do, they always look at me like I'm crazy.

Here's the bottom line, though: if you go into an aerobics class and take a snapshot of the people in there then come back 6 months later and take another snapshot, chances are VERY good that most of the people in the class haven't made any significant changes to their bodies.

Sure, cardio training burns calories, but it doesn't reshape your body and it doesn't build muscle mass to same degree as weight training. This is true for both men and women.

\*\* And a note specifically to the ladies, when I talk about muscle mass for you, I'm NOT talking about big, bulky bodybuilder muscles...I'm talking about the sleek, toned muscles that give your body the curves and shape you're



looking for! Without THAT kind of muscle mass, you may get smaller but you still won't have the shape you're looking for.

For a more detailed explanation of this, check out the following article:

[Follow the Path of MOST Resistance! Learn why weight training is the fast track to sculpting your body.](#)

If you want to lose fat, you should weight train at least three times per week (e.g. Monday, Wednesday, and Friday). I like to recommend total body workouts each session for beginning trainers as it helps the body to learn the exercises faster and build strength and muscle faster.

Here's what a typical resistance training session might look like:

- 3 sets of back
- 3 sets of chest
- 3 sets of thighs
- 2 sets of shoulders
- 2 sets of hamstrings
- 2 sets of biceps
- 2 sets of triceps
- 2 sets of calves
- 2 sets of abs

Take about a minute rest in between each set and aim for about 8 to 10 reps per set.

The MOST important thing to note here with rep ranges is that those 8 to 10 reps are a GUIDE NOT A TARGET. The idea is to choose a weight that makes it tough to complete those 10 reps. The idea is NOT to take a weight that you can easily do 10 reps with, do 10 reps then stop regardless of whether the muscle was really worked or not. To make progress, you need to push yourself.

I cannot TELL you how many times I've seen people diligently counting their reps as they whip through an exercise then stop before they even put a dent in their strength levels. When I ask them why they stopped so soon, they always tell me "that's how many reps it says to do on my program."

Don't be afraid to push yourself! THAT is where the real results are!

If you would like more information on how to perform exercises, check out these links:

[Road Warrior Training - Keep in Shape While Traveling!](#)

[Fitstep Exercise Library](#)

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## STEP 4 - CARDIO TRAINING for Fat Loss

Even though you may think I'm opposed to cardio training judging by what I wrote above, that is NOT the case! Cardio definitely has a place in a fat-loss program.

I have three main issues with cardio training for fat loss, how it's normally done:

1. It shouldn't be the main focus of a fat-loss exercise program when it so often is.

This is a point I mentioned above - I believe weight training should be the focus of an exercise program for fat loss. Not only is it more effective for fat loss, there is actually LESS chance of injury than with the typical repetitive-movement cardio activities (anyone who has tried to take up jogging when they're 20+ pounds overweight can attest to that!).



2. It's normally done with low intensity and for long periods of time, which does NOT boost the metabolism.

The REAL key to losing fat is ramping up your metabolism to burn calories ALL THE TIME rather than just when you're exercising.

By keeping intensity low, you only burn calories DURING exercise, not so much after. But when you boost intensity, your metabolism gets cranked up and you burn more calories ALL DAY.

For a more detailed explanation of higher-intensity cardio training and its benefits, read these articles:

[What Do You Mean Low-Intensity Training Isn't The Best For Fat Burning?](#)

[The Insider Secrets of Interval Training - Learn How Now!](#)

[8 Week Cardio Interval Training Blast! Get Increased Fat Loss AND Take Your Cardio Fitness To A Whole New Level](#)

3. It's typically done WAY too much.

In order to get results with typical long-duration cardio, many people do it upwards of 5 or 6 and even 7 days a week! This is fine if you're an athlete training for an endurance competition but if you're a busy person (as many people are), you just don't have TIME to sit on a stationary bike for an hour a day.

Couple that long duration and high frequency with a repetitive movement and you not only have greater chance of injury, you also have greater chance of boredom (which sometimes means giving up on exercise altogether because "it just doesn't work for me").

My recommendation is always to use interval training instead of the long-duration cardio training. It can be done MUCH faster (10 to 20 minutes), boosts your metabolism for long periods AFTER training, and finally, it actually helps your body hang onto muscle tissue while burning fat.

There are two ways to include cardio in with the weight training program I described above.

### 1. Do your cardio training immediately AFTER your weights.

When you do it this way, don't eat anything after you do weights - just go directly into your cardio after a few minutes rest. You only need about 10 minutes of training to really make a dent in your fat stores. This has the advantage of allowing you to get all your training done all at once (in the gym 3 times a week and that's it).

### 2. Do your cardio training on separate days or separate sessions

This is a good way to go in that you won't be tired from the weight training when you do the interval training. You may need go a bit longer in your sessions (e.g. 15 to 20 minutes) when done on its own. This method does have the advantage of giving your metabolism a separate boost in addition to the weights. When doing it this way, you can do cardio on its own on Tuesday and Thursday, for example.

Either method is very effective! The real key is working hard at the training.

NOTE: DO NOT do interval training every day! It may work well for a little while but you will very quickly overwork the body, which will stop your results.

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## STEP 5 - SUPPLEMENTS for Fat Loss

Let me just start by saying the majority of "fat burner" supplements are a total waste of money. You will be MUCH better off focusing your efforts on good eating and training. THAT is where the bulk of your results are going to come from...not from supplements.

So when I refer to supplements here, I'm NOT talking about fat-loss pills. Your own natural metabolism is WAY more powerful than any pill, when you know how to get it stoked.



The supplements that I recommend used to help SUPPORT your body nutritionally, not send it into a hyper-alert state that fries your nervous system.

When you're eating reduced calories, it's critical to supply your body with the nutrients (like vitamins and minerals) that it may not be getting enough of because you're eating just less food in general.

When training to lose fat, here are the supplements I highly recommend (the links go to sources I go to for each supplement)

- [Protein](#) - to help with rebuilding and repairing muscle tissue and keeping the immune system functioning well. The brand I use myself is Biotrust.
- [Fish Oil](#) - high in omega-3's, fish oil acts as a strong anti-inflammatory nutrient. It can help reduce pain and improve immune system function (among other things). The brand I recommend is Nordic Naturals
- [Multivitamins/Greens Supplement](#) - to help you cover all

your nutritional bases. Think of it as a nutritional insurance policy. The brand I use is Athletic Greens.

- [Vitamin C](#) - helps repair joints, is a strong antioxidant and boosts the immune system. It's also very effective for reducing the effects of the stress-hormone cortisol in the body (which contributes to fat gain, especially in the stomach area). Aim for 1000 mg a day.
- [Magnesium](#) - this is an incredibly important mineral that most people don't get nearly enough of, even when on a "normal" diet. If you get muscle cramps, magnesium will help tremendously with them.

These are some good basic supplements you can take to help support your body while losing fat.

For more information on supplementation, check out:

[A Quick, "No B.S." Guide To Muscle-Building and Fat-Loss Supplementation](#)

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## CONCLUSION:

These 5 simple steps should get you started on your way to losing the extra fat. Here are they are in review:

Step 1 - improve the quality of the food you eat

Step 2 - eat less food

Step 3 - start weight training

Step 4 - include some cardio training

Step 5 - use supplements to support your body

Go through the list step-by-step and you will be on your way to fat-loss success!

**In Just 36 Days, You'll Strip the Stubborn Fat Off Your Body Faster Than You EVER Have Before...**



And it'll happen with my program "[Metabolic Surge - Rapid Fat Loss.](#)"

This program uses targeted training, nutritional and supplement techniques to achieve stunning fat-loss results even in the toughest cases...it's all completely laid out and done for you.

Imagine...no guesswork at all...no brains required...just plug in the effort and watch the results happen in the mirror and how your clothes fit!

It doesn't matter if you're a total beginner or an advanced trainer, this program WILL work for you and get you the results you deserve.



Two polaroid-style photographs of a man's torso. The left photo is labeled "Before" and shows a man with a slightly overcast physique. The right photo is labeled "After 2 Rounds" and shows the same man with a significantly more muscular and lean physique.

**Want results like this training less than FOUR HOURS A WEEK?**



A large, thick red arrow pointing to the left, indicating the direction of the transformation from the "Before" photo to the "After 2 Rounds" photo.

**CLICK HERE to learn how YOU can do it with the "Metabolic Surge - Rapid Fat Loss" system...**



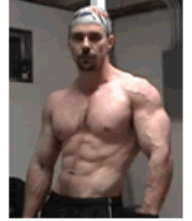
A small image of the product packaging for "Metabolic Surge". The cover features the title "METABOLIC SURGE" in large, bold letters, with the subtitle "Lose the Fat FAST... KEEP Your Muscle!" below it. The background of the cover shows a muscular man's torso.





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## Counter Planks



This is an excellent exercise for the frontal abdominal muscles (the six-pack abs). We're just going to be holding a set position...no moving, no crunching, just holding the abs tight.

For the demonstration pictures, I'm just using a rail...just imagine that my hands are on a countertop or tabletop.

Set your hands on the top edge of the surface then set your feet back a few feet so your body is at an angle. Your arms should be locked out straight.



Now just hold that position for 30 seconds (or longer, if you can).

You can also do this exercise on your forearms. It will make the exercise a bit more challenging as your body is at a lower angle so there will be more weight being put on your abdominal muscles.



The next step in resistance is to hold your body with one arm (same position as the first picture only with just one arm on the countertop), then you can progress to one-arm and one leg.

This version will send tension diagonally through your abdominal area, working the muscles that wrap AROUND the midsection. These are the ones that help tighten up and flatten the stomach.

Set your left hand on the countertop then raise your left foot off the ground so you're standing just on your right leg. Now hold!

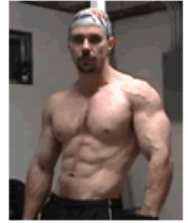


When you've held for 30 seconds, switch arms and legs and repeat on the other side.



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## Curl Squats



This is one of THE best overall abdominal strength and stability exercises I've EVER used.

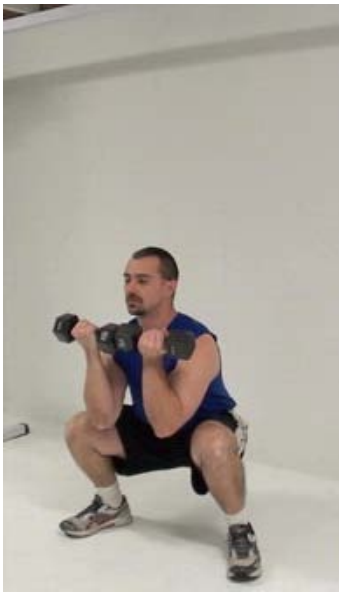
To do this exercise, all you really need is a something with a bit of weight to it...I'll use dumbbells for the demonstration but use your imagination!

Pick up the dumbbells and curl them to the top position. Hold them there and set your feet out a bit wider than shoulder width apart, toes pointed out at an angle.



Don't allow your elbows to brace against your stomach. This will take away from the supporting tension that we're trying to put on the abs.

Now, take a breath in and hold it as you come down into the squat. Your elbows should come down in between your knees.



Just fyi, holding your breath is actually important for maintaining stability in your core when you squat. Don't worry, though! You'll only be holding it briefly. Once you come to the bottom and start pushing back up, THAT is when you should start letting it out, breathing through pursed lips like you were trying to blow up a balloon.

While you're squatting, it's important to keep looking forward and a little bit up. This will keep your back in the proper position to do a squat. The weight in front is also going to help you maintain that proper position.

### **Important Notes:**

- You don't actually curl the bar while doing the squat, you just hold it in the top curl position while you squat up and down!
- The muscles of your core will tire out before your legs do. That's what we're looking for! We're using the more powerful leg muscles to help work your abdominal muscle harder.
- Dropping down quickly in the squat will put extra stress on the biceps as you come up and reduce the tension on the abs. This exercise should be done very deliberately with no bouncing or fast movements. If you have a tendency to do this, pause at the bottom for a few seconds to stop the bouncing.
- Try to keep your upper body as vertical as possible with this one. It's very similar to a front squat - having the weight in front of you allows you to stay vertical more easily. Leaning forward will cause the barbell to shift forward, which will put more tension on the biceps, causing them to fatigue prematurely. As you start to fatigue, you will notice you have a tendency to lean forward. This is because the supporting abs are weakening. Do your best to keep vertical. Once you start to move too far forward, end the set.

### Single Dumbbell/Weight Curl Squats

You can also perform this exercise one arm at a time, using just one dumbbell or weighted object. This will put excellent diagonal resistance on your abdominals, forcing the deep, stabilizing muscles of the core to work.

The movement is performed exactly the same...you're just holding one weight instead of two!



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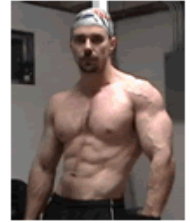
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## Forearm-Braced Side-to-Side Shifting



This exercise is a unique way to target the anti-rotational deep muscles of the core...the ones that actually work to form that corset around waist to tighten and flatten your stomach.

Stand in front of a post or doorframe and bend your elbows 90 degrees. Clamp your forearms on either side.

Now use arm pressure to push your body left and right. This side to side movement engages those deep core muscles we're looking for without hurting the lower back.

One important point to note when you're doing the difference variations of these exercises is keep your feet in close together. We actually WANT some degree of instability with this exercise in order force the core muscles to work. If you set your feet out wide for balance, your abs won't be forced to work as hard and it'll defeat the purpose of the exercise.

### Version #1 - Keeping Forearms in Contact

With this one, you'll clamp your forearms onto the pole then just shift your body side to side, using your upper body. All you have to do is resist and change direction. It's a very short movements.



### Version #2 - Releasing Contact

With this one, you'll allow your forearms to come a few inches off the pole. This will give a bit more resistance to the change of direction.



### Version #3 - Further Away

This is the same as the previous version only you're allowing your forearms to come off even further.



#### Version #4 - Hands

This is the same idea as with the forearms only you'll take a step back and set your HANDS on the pole rather than your forearms. Using your hands increases the torque on your abdominals by increasing the length of the lever. The idea and movement is exactly the same.



Feel free to use and try all of these variations to see which works best for you!

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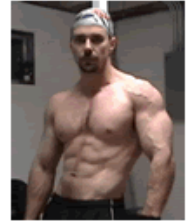
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## Human Flag Starter Version



The Human Flag is a TOUGH exercise that very few people are strong enough to do. The goal is to hold a horizontal body position while gripping onto a vertical pole...one hand high and one hand low.



As you can imagine, it requires tremendous strength in the core and shoulders to perform. Don't worry, though! I'm not going to try and make you do that!

So what if you'd like to reap some of the side abdominal-strengthening and tightening benefits of the exercise even if you're unable to hold that full-on position?

You do the "starter" version of the human flag...and to perform it, all you'll need is a flat bench (or even just a couple chairs set beside each other)..

Lay on your side on the bench with your hip on the end of the bench (the end should hit you about mid-glute). Grip onto to the bottom surface of the bench with you hand.

Then just straighten out your legs and hold.

That's it!



To make the exercise a bit easier, you can move yourself up on the bench so that more of your leg is supported on the bench. This takes up some of the resistance.



You'll find this exercise works not only the side abdominal wall very strongly, it also works the abductors on the top leg (the gluteus medius and minimus) and the adductors on the bottom leg (inner thigh muscles).

So in addition to working your abdominals, you'll be getting some good lower body exercise as well.

If you need to make this exercise a bit easier, just move your body up the bench a little so more of your leg is resting on the bench.

Once you've held for as long as you can on one side, flip over and do the other side.

This is a VERY simple exercise that I find to be extremely beneficial. It builds strength in your side abdominal wall without growing the muscles underneath the "love handle" area (which can happen with weighted side bend exercises).

If you build up the obliques (the muscles under the love handles), you can push the fat outwards, making you look wider in the waist than you actually are.

This exercise avoids that while helping you tighten up the muscles to actually pull that area in, rather than

pushing it out.

You won't lose fat directly from the love handles...you will, however, get the appearance of a smaller waist!

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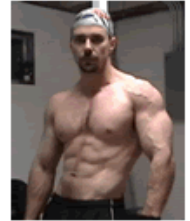
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## Lying Lower Ab Raises For Your Pooch Belly



The pooch belly is the bulge in the lower ab area that seems to happen to most people...and even in people with low bodyfat AND in people who train the area directly.

This can be a really tough area to flatten out, if you don't know exactly how to go about doing it. Electric ab belts aren't going to do it...sorry to burst your bubble. Those things won't even hold up your pants.

So here's how to get rid of your pooch belly...

It's a very simple, very easy exercise that involves very little actual movement, strangely enough. The key is in WHERE and HOW the movement takes place. You have to feel the right muscles working in order to get the desired effect out of this one.

I have to give credit to former Mr. Olympia Larry Scott for this one.. The first time I tried it I could really feel it targeting the exact area and in the exact manner that I knew would get the job done and flatten out the lower ab "pooch" area.

What this exercise is going to do is tighten up the muscles underneath the pooch area, pulling them back into better alignment and basically teaching the body how to keep that area flat.

Naturally, if you're got a big, fat gut, you won't really notice a big difference by doing this. It's not going to burn any appreciable fat by itself, so you have to do it context of an overall fat-reduction program, if you really want to notice the best results with it.

If you're already fairly lean and you still have that pooch belly, this is the perfect exercise to help you get rid of it.

Lie flat on your back with your hands set on the floor beside your hips. Your hips should be bent 90 degrees and your knees bent 90 degrees. Cross your left foot over your right foot to "lock in" the lower abs (cross at the ankles).

You'll notice when your hips are 90 degrees, your lower back is not flat on the floor, due to it's natural arch. THAT is the key thing to think about.



The movement itself is simply flattening out the lower back and bringing your knees towards your chest by focusing on tightening the extreme lower abdominal area. There is very little resistance in this exercise and you don't NEED significant resistance...just repeat this movement doing about one rep per second.



You'll repeat this for 10 reps with your left leg higher then switch and put your right foot over top to keep it even. Do this for 100 total reps, switching the feet every 10 reps.



It's a little tough to see the difference in position in still pictures, so be sure to watch the video demo of this exercise as well.

The key to remember here is you're NOT trying to do a full leg raise...just bring your hips to 90 degrees and then bring your lower back flat on the floor then repeat. Focus on using the extreme lower ab area to make this movement happen...not the hip flexors. It might take a bit of practice, but the results are worth it.

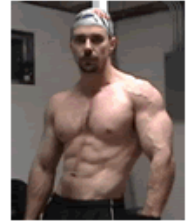
You'll need to do this exercise regularly (and that means pretty much every day as a habit) to really see the difference, but it WILL happen. The good thing is, this exercise is VERY easy and won't impact your recovery in any way, shape or form. It won't make you sore and you can do it in the privacy of your own home (just make sure you're on a solid surface when you do it - no water beds :)

Give this one a few weeks of regular use and you should see that pooch belly flattening out nicely.



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## One-Arm Desk Pushes



This is one of those exercises you can do without anybody even knowing you're doing an abdominal exercise. It's something you can do when you're seated at your desk at work and have a few minutes to kill...for example, while you're reading and not actively needing both hands.

Sit at your desk as you normally would and set one hand on the front edge of the desk in front of you, arm slightly bent.

Now push with that hand as though trying to push your chair away from your desk. As you're pushing, you'll need to resist that push with your legs and core to keep from actually rotating around and away.

And naturally, this exercise won't work if you have a chair with wheels on it...you'll just go for a ride!



As you hold try and push harder and harder into the desk. Keep pushing for at least 30 seconds.

Then repeat on the other side.



This is an excellent time-efficient exercise for flattening the stomach that can be done very easily anywhere you have a desk and chair.

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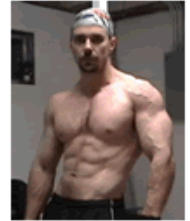
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## One-Arm Leaning Side Planks



This is a very leisurely-looking exercise that targets the side abdominal wall to help you tighten up your waist and love handles. You're going to simply be holding a leaning position while holding your body at an angle.

In the easiest version of the exercise, set your hand on the wall or post level with your shoulder so your arm is about horizontal to the ground. Your feet should be far enough away that your body is at an angle. Now just hold there.



The next step up is to move your hand up a bit. This increases the resistance by forcing your abs to support a bit more of your bodyweight.



To further increase the resistance, cross your near-side foot around behind your outside foot, so you're standing on one leg.



Finally, for maximum tension, set your hand up as high as you can so your arm and body are fairly close to being directly in line with each other. When you use this version, I would recommend using the one-leg technique.



This position also puts a nice stretch on the back muscles as well as the side abs.

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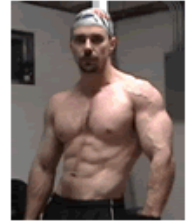
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## One-Leg One-Arm Cross Bracing



This exercise is surprisingly challenging...it uses your bodyweight and gravity to put resistance on the anti-rotational deep muscles of the core that wrap around and help flatten your stomach and tighten up your waist.

You'll need a pole or a doorframe to do this one.

Stand in front of the pole and make a fist with your right hand. Now set your right fist against the LEFT side of the pole, basically crossing your arm in front a little. The meat of your fist on the pinky side should be pressed against the pole.

Now, cross your right foot around behind your left foot and hook your toes around your left foot. You'll now just be standing on one leg.

Here's the trick...let your bodyweight balance shift to the right so that your RIGHT arm has to push against the pole to keep you upright. Now just hold for 30 seconds. Then repeat on the other side (left hand against the pole, standing on the right foot).



You can control how much resistance is placed on the core by how much you let your balance tip over to

one side. The more you let your bodyweight shift, the more resistance you'll get.

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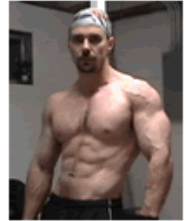
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## Outrigger Planks



This is a very simple and very effective version of the plank. This allows you to target the deep muscles of the core that help to "suck in" and flatten the stomach.

Just get in the normal plank position then set one arm straight out to the side. It's done using one of your arms set directly out to the side like the outrigger on a canoe.

In the easier version, the arm supported on the forearm should be under the body to better take up your bodyweight.





Then as you build strength, you can make it more challenging by shifting over so your arm is outside your body "shadow" (i.e. your base of support), creating more tension in the obliques. You'll notice in the picture below how my body has moved over so my left arm is no longer under my body.



Do one side the repeat on the other.

This is a great version of the plank that will not only target the "six-pack" abs, it will also work those rotational muscles that are so critical for achieving that flat stomach you want!

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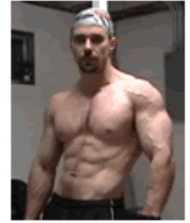
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## Seated Core Supports



This is a very simple exercise that is going to target the six-pack abs, as well as core strength and support. You'll need a chair or bench for this one.

Set your hands on the chair beside your legs, about mid-thigh. Straighten out your arms and lock the elbows out. Lean forward a bit in the chair.

Now push down with your arms and raise your butt very slightly off the chair...it's not going to be much, but just that slight lift will immediately place the weight of your upper body onto the abdominals, forcing them to contract strongly.



Squeeze your abs hard and hold for as long as you can. Aim for 30 seconds.

This one will not only help you develop those six-pack muscles, it'll work to tighten up and strengthen your upper arms as well! And all you need is a chair to do it.

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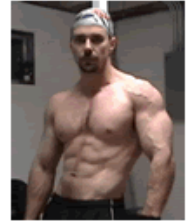
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## Seated Elbow Desk Pushdowns



This abdominal exercise is a "stealth" ab exercise...you can do it without anybody ever knowing you're doing an ab exercise!

Sit with your elbows on a desk. Now just push your elbows DOWN onto the desk as though trying raise your body up out of the seat (your legs may come up a bit as well).

This pushing action engages the six-pack ab muscles just like a crunch but without the crunching. You can control how much tension you place on the abs by how hard you push down.



You can also do this exercise one arm at a time, to engage the deep muscles of the core.



You can even do this one while looking completely bored out of your mind...even when you're cradling your head in your hand, you're pushing down hard with that one elbow to contract the abdominals.



This is a great exercise for working your abdominals in "stealth mode."

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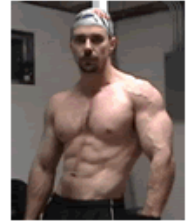
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## Single Weight Farmers Walk



The Farmers Walk is one of the simplest exercises you can do...and it's one of the most effective! You basically pick up a couple of heavy things and walk with them. It works the grip, the upper back, shoulders, legs, almost the entire body really.

The typical Farmers Walk is done with two equal weight items like two dumbbells, kettlebells or even water jugs!

In this version you will use just ONE dumbbell (or one of whatever it is you want to carry...suitcases, grocery bags, duffel bags, etc. will work just fine).

It's a lighter overall load but because it's unbalanced, it dramatically increases the core-work you get from the exercise.

If you've ever carried a single heavy bucket of water (or a suitcase, etc.), you know what I mean. Your core must contract strongly in order to stabilize the spine while you're carrying the load on just one side.



In my basement, I don't have a lot of space to walk straight, so I have to turn around frequently (which is

totally fine to do).



It's not a complex exercise for sure but it is a VERY effective one!

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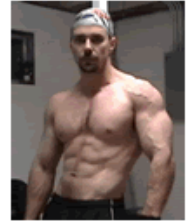
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## Single Weight Overhead Press



Even though this looks like a shoulder exercise, it actually works the side abdominal wall very effectively to help tighten up your waist. It also has the bonus of working the shoulders directly...and better shoulders will actually help your waist LOOK smaller, too!

To do this one, you'll need something, like a dumbbell or bag or even a milk jug to press with. Stand with your feet set right up close to each other, so they're touching.

The reason you want them tight in like this is because it forces you to hold the resistance outside your base of support. THAT is what gets the abdominal to contract to support your body as you do the press. When you set your feet out wider, your core doesn't have to work as hard to stabilize.

Hold the weight at your shoulder, then just press it directly overhead.



Do 8 to 10 reps on one side then press with the other side.



Keep your feet tucked tightly together as you press on every single rep.

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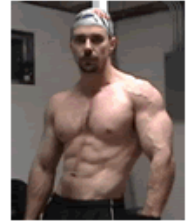
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## Single Weight Squat



This exercise is going to involve the legs while also targeting the core. You'll be doing a simple squat exercise while holding resistance in just one hand.

By holding it in one hand, you'll force your abdominals to contract to stabilize the off-center load. This stabilizing forces targets those deep muscles of the core that are responsible for flattening the abs.

Hold the weight in front of you with your feet set out wider than shoulder width, toes point out. Now squat down, lowering the weight down between your feet. When you squat down, look forward and a little bit up. Keep your lower arched and keep your core tight.



Do 8 to 10 reps on one side then repeat on the other side.



This cross-tension on your core as you squat develops very functional strength...this is the way you'd naturally squat down to pick up an object.

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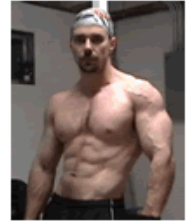
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## Ski Jumper Planks



Sometimes the most effective abdominal exercises are also the simplest. This is a very easy-to-setup plank variation that requires very little equipment and puts GREAT tension on the upper abdominals.

Will it give you six-pack abs overnight? Nope. But it CAN help you develop those upper abs so they show up more quickly as you do lose the fat!

To do this one, you'll need something to set your hands on. You can use just about anything that's solid...I'm using the seat of a chair and that works juste. What you use is not critical...your body and arm position IS.

Whatever object you're using, your hands should be at least a foot to a foot and a half off the ground to make this work (but not TOO high or you'll lose all the benefits of the exercise!).

Get yourself in the plank position, starting with your arms vertical.



Now move your body forward until your waist is directly over your hands.



This shift forward takes away the direct vertical support of the arms that you have in a regular plank, changing the leverage of the plank. By doing this, you shift the focus primarily onto the upper abdominal area rather than spreading the tension through the entire core as you do with a regular plank exercise.

This body position looks very similar to a ski jumper flying through the air, hence the name.

Hold this position for 30 seconds (or as long as you can).

This exercise is very simple and quick to set up and doesn't require much in the way of specialized equipment. Great for training your abs at home or when travelling!

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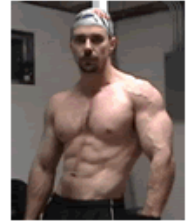
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## Trunk Twists With a Twist



The "love handles" or "muffintop"...this is the area just above your hips on your sides. But I don't know many people who truly love theirs, which is why one of THE most common training goals around is getting rid of those things!

Here's the problem...sometimes, even fat loss doesn't always cut it when it comes to reducing the love handle area. Sure, you can peel off a lot of the fat, but even LEAN people sometimes find that this area STILL sticks out more than it should for the amount of bodyfat they carry.

It can be a VERY frustrating thing, knowing that you're doing all you can to lose fat and your love handles are still there.

There IS hope, though...and it's NOT surgery! I've got an exercise for you that will help to tighten up the muscles (the obliques) that lie directly UNDERNEATH the love handle area.

**KEY POINT...This exercise WILL NOT burn fat directly from the love handles...**

While this exercise won't burn any of the fat that sits there (NO ab exercises will do THAT), it WILL help **reduce the appearance and bulge** of the area, giving you the more streamlined waist you want.

So what is this magical exercise? It's the "Trunk Twist With a Twist."

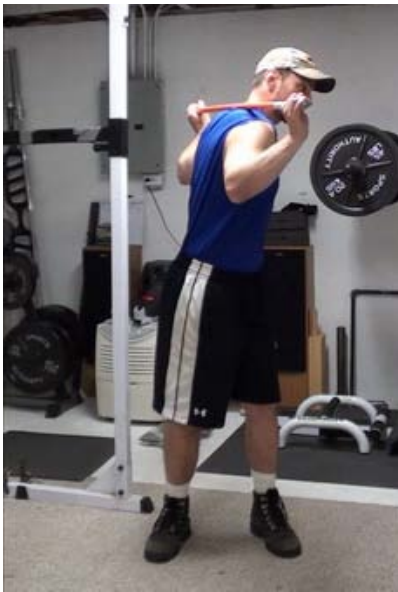
On the surface, this exercise looks a lot like the regular broomstick twist you see people doing to warm up sometimes. Here's the difference...instead of just mindlessly rotating your torso from side to side, you're going to focus on SQUEEZING the obliques hard while keeping your head LOCKED in a forward position.

This squeezing technique will dramatically tighten the obliques and help you diminish those love handles once and for all!

### How To Do Trunk Twists with a Twist:

First, here's how NOT to do the trunk twist.

The most common trunk twist exercise you see people doing is pretty much a waste of time. They twist around, moving the entire torso around rotationally.



This is NOT effective for tightening up the waist and it's also potentially damaging to the lower back (especially if done using one of those twisting machines at the gym).

The version of the twist I'm going to show you is much more effective...in that it actually WORKS where the regular version actually DOESN'T.

The setup for this one is simple. Put a bar or stick across your shoulders with your hands over the top and arms stretched out to the sides. Stand with your feet about a foot apart.



Now begin to twist your upper body around to the left side.

Here is the key...while you are twisting, **keep your head facing STRAIGHT FORWARD** instead of turning your head along with your torso as you normally would. This is extremely important! If you turn your head, the exercise will be useless!



The idea here is to imagine like you're trying to touch your left hip bone to your right shoulder while rotating the shoulders and keeping your head forward. It's almost like wringing out a wet towel.

It's a good idea to do this exercise in front of a mirror (if you have one available), so you can see exactly what is going on. Look straight at yourself in the mirror and DO NOT move your head while you twist your torso (in fact, for a little extra squeeze, you can try to look as much as you can the OPPOSITE way).

Keep twisting all the way around until you've turned as far as you can. When doing this twist, I like to try to tilt the bar down a bit towards the side I'm twisting to. This helps to increase the activation of the obliques by bending the torso over to the side a bit.

At the maximum point of the twist, squeeze the oblique area (right where your love handles are), contracting it AS HARD AS YOU POSSIBLY CAN and holding it for 3 to 5 seconds. This is the "money" part of the exercise. The actual twist only serves to get you into that position!

You should tense it up like somebody is about to punch you in the side, right under the rib cage and you have to brace for impact.

When you've squeezed everything out of the left side, rotate around to the right side and do the same thing.



It's a simple exercise mechanic...keeping your head and your hips forward will make a HUGE difference in how this exercise feels and works.

Here's the side view. You can see in the first picture how I'm bringing my left knee forward a bit to help keep the hip forward.



To get the best results out of this exercise, perform it at the end of every single workout you do. Do just one or two sets of between 15 and 30 reps, squeezing the obliques **HARD** on every single rep.

You **WILL** notice a difference in the tightness of your waist very quickly.

## Common Errors:

### 1. Going too fast

It is important to slow this exercise down and get a good squeeze on every single turn. If you simply bounce from one stretch to the other, you'll get nothing out of this exercise. The only good part is the contraction.

### 2. Not squeezing the obliques hard

As in #1, if you don't squeeze, you won't get results. Going through the motions won't do a thing for you.

### 3. Letting your head turn with your torso

If you turn your head along with your torso, the effect of the exercise will be greatly reduced. If you find that you have a hard time keeping your head forward, try turning it the other way as you turn your torso. This will help to put the squeeze on your sides.

## Tricks

### 1. Raising the knee

To help increase the squeeze on the obliques, as you twist to one side, come up on your toes to raise your knee up towards your opposing hand as it comes around, e.g. if you're twisting to the left, raise your left knee to try and meet your right hand. This increases the contraction on the obliques by helping to shorten the muscle from the other end (below), basically the opposing action to tilting the bar down that I mentioned prior.

### 2. Breathe in and out

Hold the contraction for a few seconds and breathe in and out, squeezing out all the air you can on each exhalation. This will help get an even tighter contraction in the area.

### **3. Pull with one hand, push with the other**

As you do the twist, push with the far hand and pull with the other for a greater contraction. For example, if you're twisting to the left, pull on the bar with your left hand and push it forward with your right.

### **4. Suck in your gut**

As you come towards the full turn, suck in your gut. This places an even greater contraction on the oblique muscle, tightening it up even further.

## **CONCLUSION:**

This exercise requires some practice to really get the maximum squeeze out of the muscles, but once you know how to do it, you'll love it! This is not a power or resistance-based exercise. It's all about the squeeze and the contraction.

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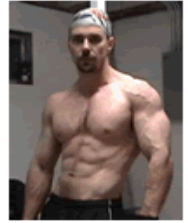
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## Bird Dogs



While this exercise is not for the abs, it is a VERY important one to perform on a regular basis. It targets the lower back and glutes, as well as the upper back.

The goal of this exercise is to balance the training you're doing for the FRONT of your body so that you don't develop any imbalances in your midsection.

First, get on your hands and knees on the floor. Then you're going to raise your right arm directly out in front of you while also raising your left leg up and behind you. You'll want to look forward and a little up.



You should feel your left glute and the left side of your lower back contracting when you raise your leg.

Hold this position for 5 to 10 seconds then switch arms and legs.





The cross-tension of holding your opposing arms and legs up in the air is what we're looking for here.  
I've also got a front-on view of the exercise.



By performing this exercise regularly, you'll strengthen your back and glutes and balance out the work you're doing for your abdominals in the front of your body!

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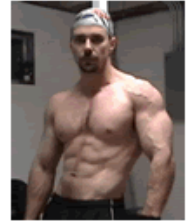
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## Standing Supermans



The Superman exercise is generally done lying on your stomach on the floor...but it CAN be done standing up as well. It's an excellent exercise for working the glutes and the lower back, to help balance all the "frontal" abdominal work you're doing with the other exercises.

This exercise places diagonal tension through the lower back muscles, strengthening the muscles that support the spine.

Set your left hand high up on a wall or pole, with your feet a couple of feet back.

Now raise your right leg off the ground and bring it back and up, contracting the glutes. You should also feel the muscles of your lower back contracting as well. Hold for 5 to 10 seconds then switch arms and legs to work the other direction.

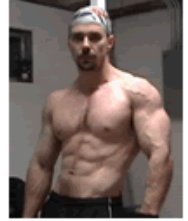


This exercise is just as effective as the lying version and it allows you to do it standing, which means you can do it just about anywhere at almost any time (maybe not in a meeting or on a bus!).



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