

# Quick At Home Ab Workout

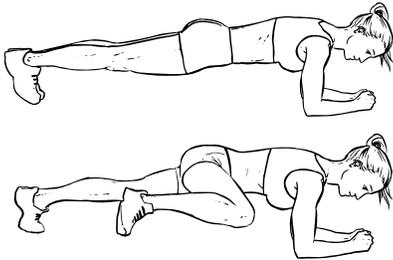
6 min · Abs, Back, Legs



Ab Workout ..

Do a 5-10 minute warm up before doing completing this routine. Follow this with a cool down and stretching. Perform this workout as a circuit with little to no rest between each exercise. Rest at the end of the circuit for 1-2 minutes, then repeat.

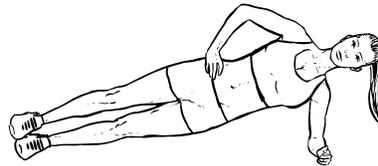
## Plank Knee to Elbow



**2 sets 8-10 reps**

8-10 reps per side, alternating sides

## Side Plank



**2 sets** ⏱

Add a slight hip dip to this, 8-10 reps per side

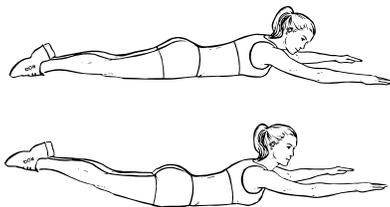
## Weighted Russian Twists



**2 sets 10 reps**

10 reps per side, alternating sides

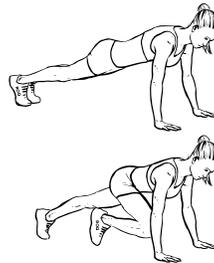
## Supermans



**2 sets 12-15 reps**

To modify, place your hands behind your head or your low back instead of in front of you

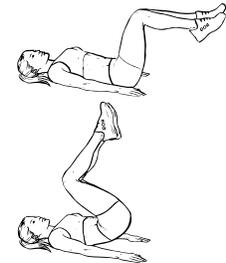
## Mountain Climbers



**2 sets 15-20 reps**

15-20 reps per side, performed quickly

## Reverse Crunch



**2 sets 12 reps**



## Plank Knee to Elbow

Primary muscle group(s):

**Abs, Glutes & Hip Flexors**

Secondary:

**Obliques, Shoulders**

Lay face down on the ground with extended legs.

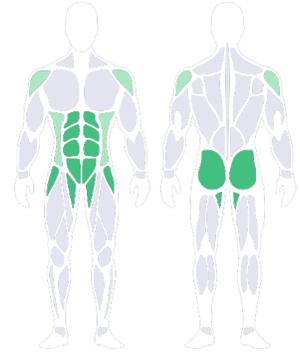
Point your toes while you place your hands beneath your shoulders.

Push yourself up into the plank position.

Maintaining a tight core and flat back, bring your left knee to your right elbow.

Pause and slowly return each to the starting point.

Repeat with the other side and keep alternating.



## Side Plank

Primary muscle group(s):

**Obliques**

Secondary:

**Abs**

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

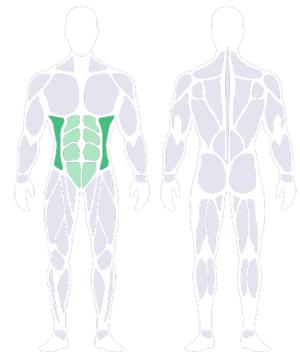
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



## Weighted Russian / Mason Twists

Primary muscle group(s):

**Abs, Obliques**

Secondary:

**Biceps, Forearms, Lower Back**

Sit on an exercise mat with your legs fully extended and your upper body upright.

Grip a weight plate between both hands.

Hold the plate out in front of your abdominals keeping your arms bent slightly.

Cross your ankles and raise them off the floor slightly.

Bend your knees towards you slightly.

Lean back about 15 degrees to balance your body. This is the start position.

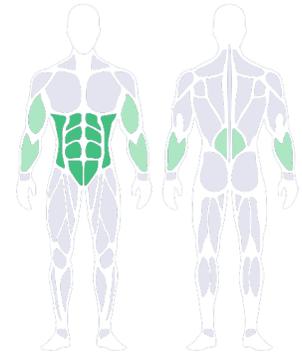
In a smooth motion, turn your torso to the left and touch the plate on the floor. Make sure you exhale as you do this.

Return to the start position inhaling as you do so.

Repeat the same movement, this time to your right side, again exhaling as you do so.

Return to start position and repeat.

**!** When performing this exercise, use smooth controlled movements. Jerking or using momentum to swing the weight can cause serious lower back injury.



## Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

**Lower Back**

Secondary:

**Abs**

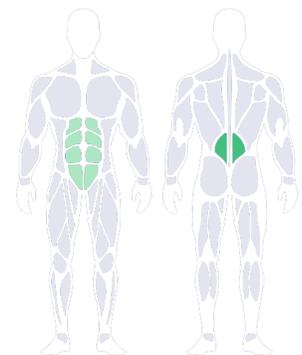
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

**!** This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



## Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):

**Abs, Glutes & Hip Flexors**

Secondary:

**Chest, Shoulders**

Place your hands flat on the floor, shoulder width apart.

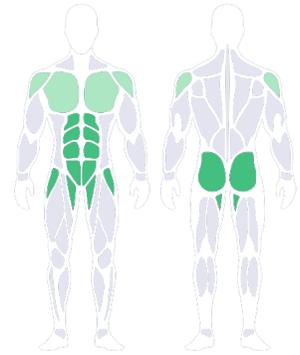
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



## Reverse Crunch

Primary muscle group(s):

**Abs**

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.

