

GREAT AB WORKOUT

Try this great ab workout routine to flatten your stomach. The key to this workout is combining cardiovascular and crunches. Good eating habits are essential if you want success with this workout. Make sure you warm up for 5-10 minutes before beginning this workout and that you stretch each muscle group properly as directed. Maintain your pace throughout the entire workout with about 30 seconds rest in between sets.

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 1 minutes walking briskly. After 1 minute, jog until you are to you are fatigued. Walk briskly for 1 minute to recover. After 1 minute, continue jogging. Repeat this sequence until you complete 20 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. **THE MORE YOU JOG THE MORE CALORIES YOU BURN.**

2. AB CRUNCH

Reps: 3 sets of 25

Execution: Lie face up on floor, knees bent with feet on floor and neck straight. Cross arms over chest. In a controlled motion, keeping neck straight, curl upper body up. Contract abdominals fully without compromising form. While maintaining the controlled motion, return to starting position. Do not allow muscle to relax before next repetition.



3. AB CRUNCH OBLIQUES

Reps: 3 sets of 25

Execution: Lie face up on floor, knees bent with feet on floor and neck straight. Cross arms over chest. In a controlled motion, keeping neck straight, curl upper body up while turning your torso to the left. Contract abdominals fully without compromising form. While maintaining the controlled motion, return to starting position. Do not allow muscle to relax before next repetition. After completing one set on the left, switch to your right side. Focus on really twisting your torso and feeling the contraction when you are in the up position.



4. AB TRAINER LEG LIFTS

Reps: 3 sets of 25

Execution: Lie face up on floor, legs straight in front and neck resting on pad. Place elbows on pads and grip bar or place hands on bar above head. Slowly lift your legs towards your chest while keeping your knees relaxed and with a slight bend. Then proceed to lower your legs back down to the floor. While doing this exercise, concentrate on lifting your legs with your abs and not your back or legs. Do not allow muscle to relax before next repetition.



5. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Jog 10 minutes without stopping. If you must stop, only walk for one minute at a time.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 10 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

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