

15 Abs Workouts: Expert-Led Instructions and Videos for a Chiseled Core

Are you ready to take your abs game to the next level? This comprehensive guide will provide you with everything you need to know about 15 essential abs workouts, complete with detailed instructions, motivating videos, and a complementary program that will help you achieve your core fitness goals.

15 Abs Workouts for a Strong and Defined Core

1. Plank



Video

HOT FIRE ABS: 15 abs workouts (instructions+videos). complementary program that can be combined with your basic workout



program.designed for gym&home as well.

by Michelle D. Mays

★★★★☆ 4.7 out of 5

Language : English

File size : 1299 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 8 pages

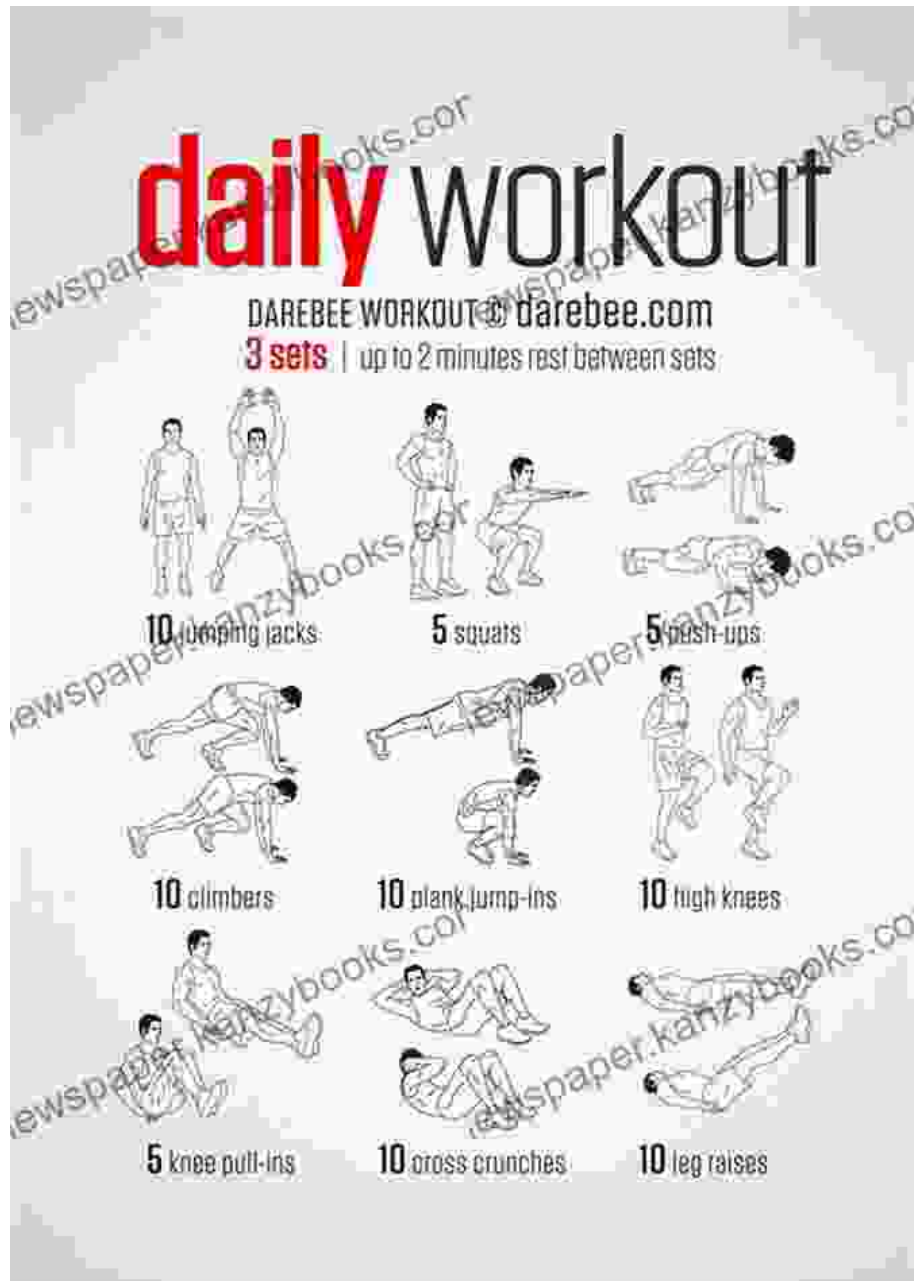
Lending : Enabled

X-Ray for textbooks : Enabled



Hold a prone position with forearms and toes on the ground, keeping your body in a straight line from head to heels.

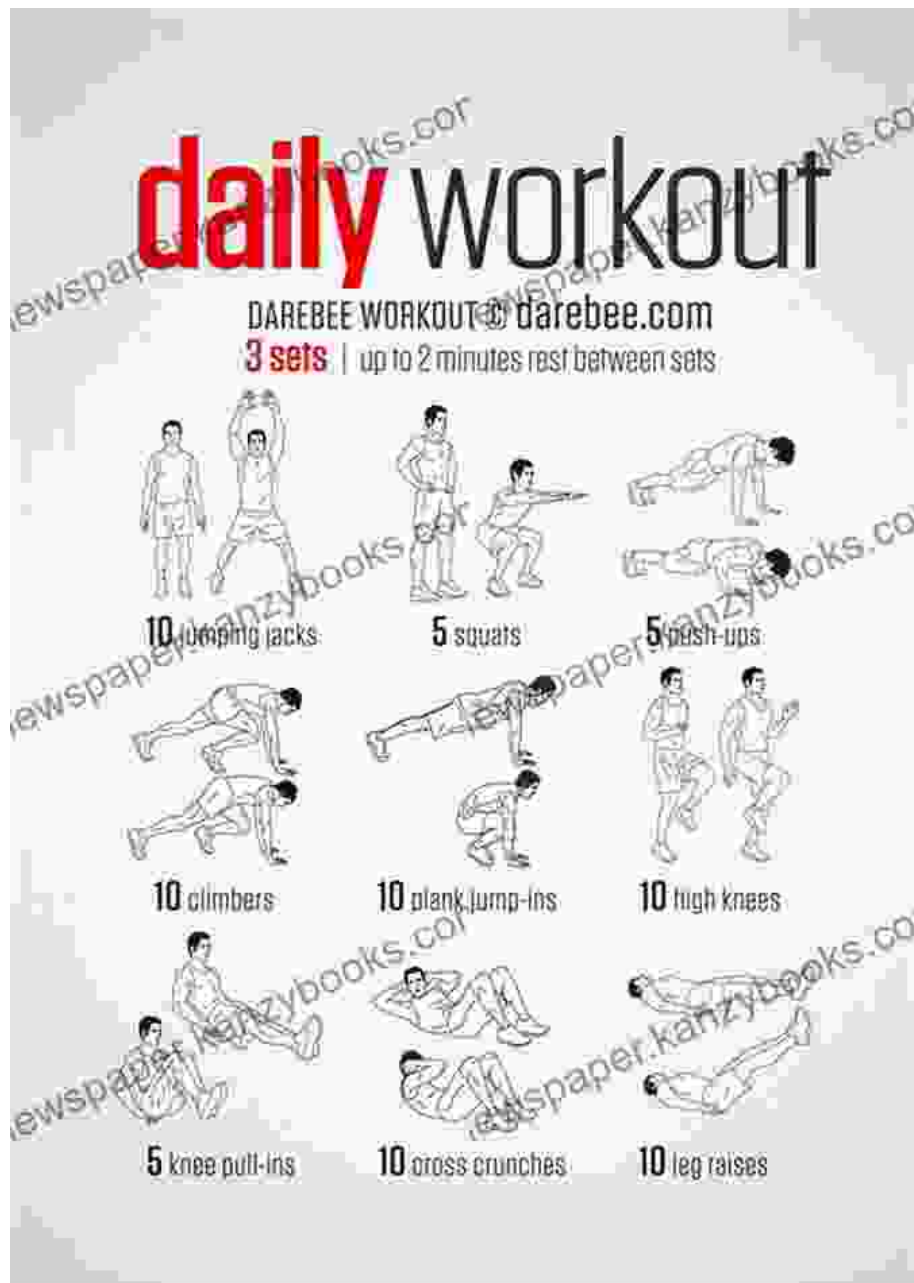
2. Side Plank



Video

Lie on one side with your forearm on the ground and your feet stacked. Lift your hips up towards the ceiling, keeping your body in a straight line from head to heels.

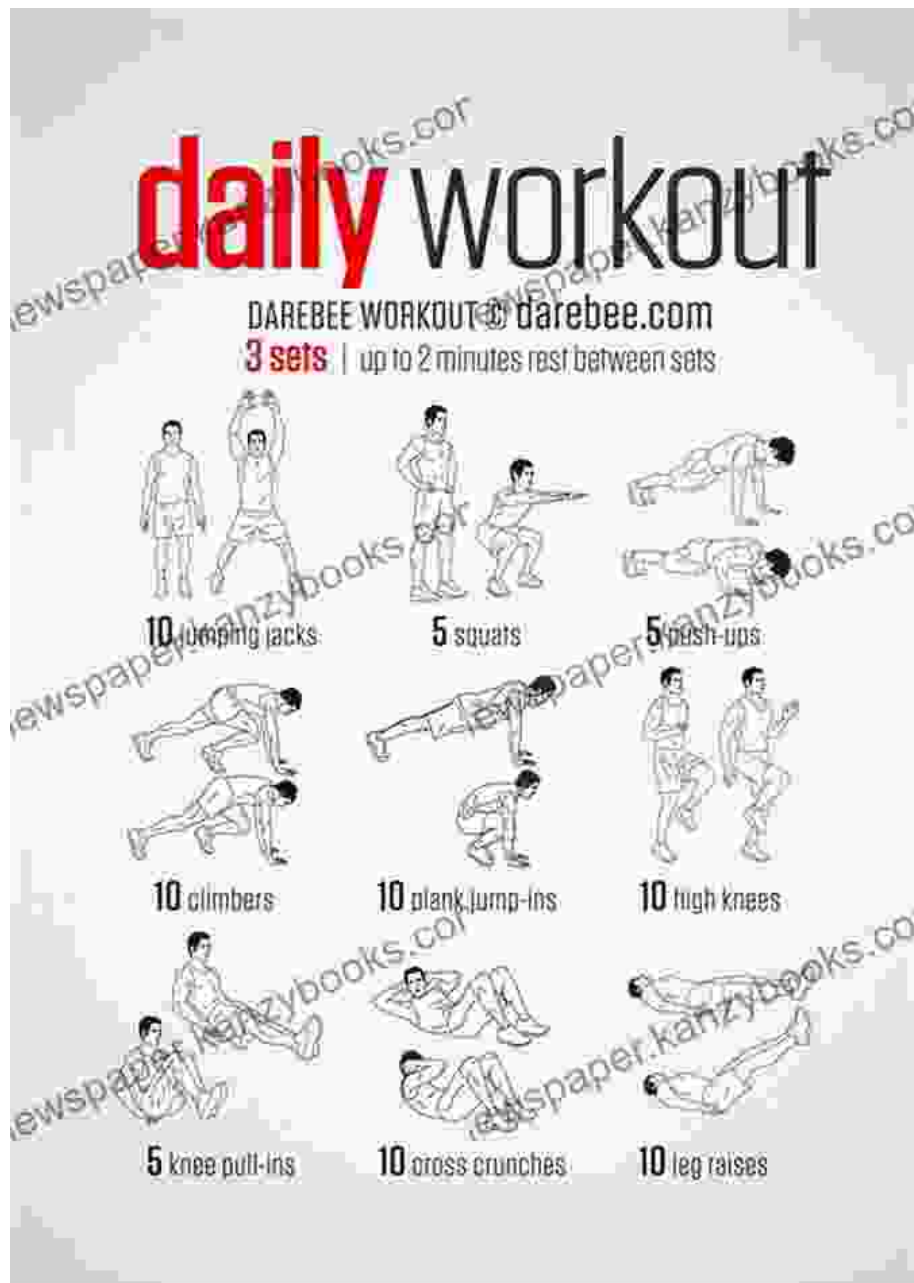
3. Crunches



Video

Lie on your back with your feet flat on the ground. Lift your head and shoulders off the ground, bringing your chin towards your chest.

4. Leg Raises



Video

Lie on your back with your hands at your sides. Lift your legs straight up towards the ceiling, keeping your knees slightly bent.

5. Russian Twists



Video

Sit on the ground with your knees bent and your feet flat on the floor. Lean back slightly and rotate your torso from side to side.

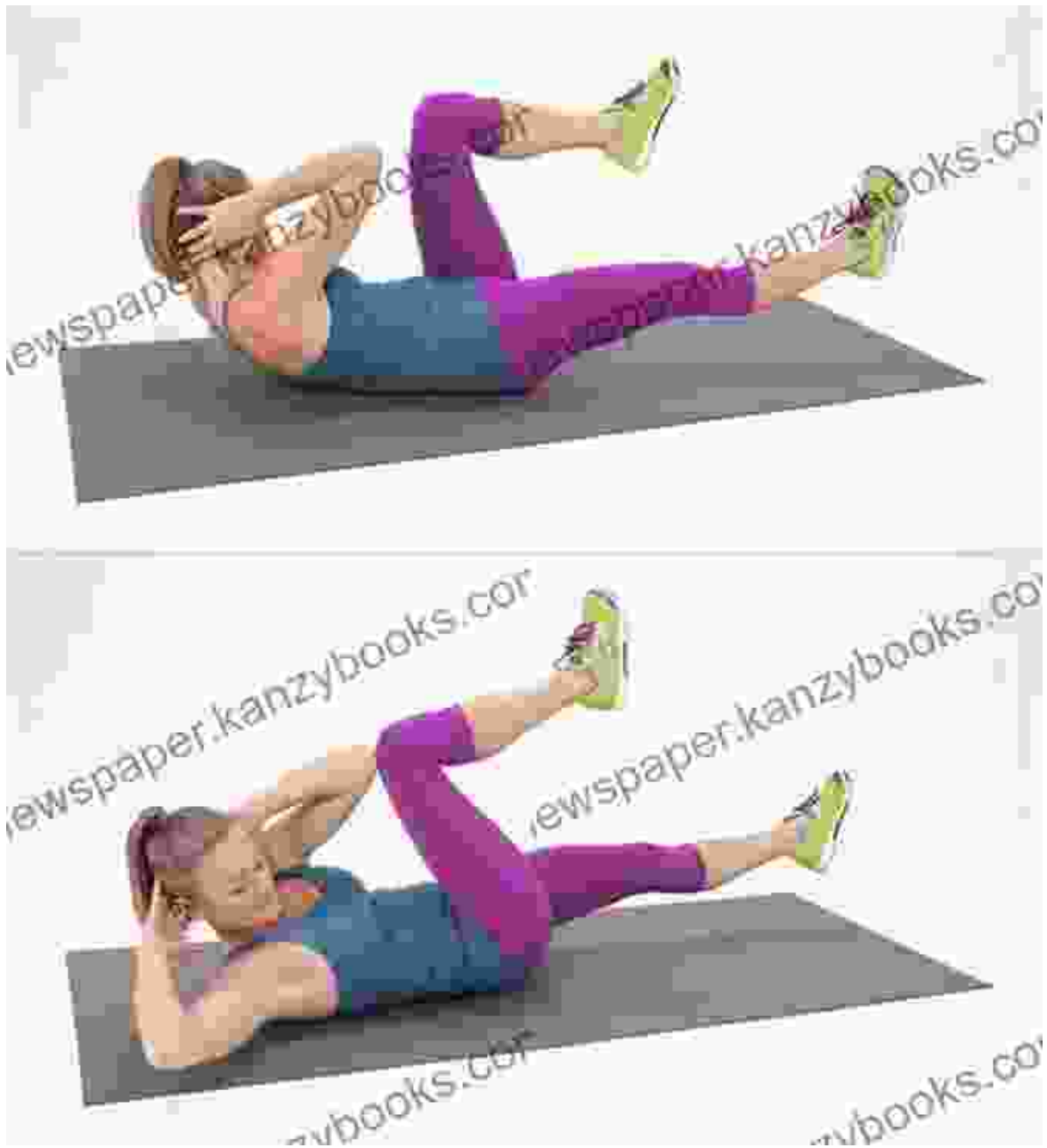
6. Mountain Climbers



Video

Start in a plank position with your hands shoulder-width apart and your toes on the ground. Bring your right knee towards your chest, then return to the starting position and repeat with your left knee.

7. Bicycle Crunches



Video

Lie on your back with your hands behind your head. Bring your right elbow towards your left knee while simultaneously extending your right leg. Return to the starting position and repeat on the opposite side.

8. Toe Touches



Video

Lie on your back with your hands at your sides. Reach towards your toes with your hands, keeping your back flat on the ground.

9. Burpee Crunches



Video

Start in a standing position with your feet shoulder-width apart. Lower into a squat position, then jump your feet back into a plank position. Perform a crunch by bringing your chest towards your knees, then jump your feet back to the squat position and stand up.

10. Hanging Leg Raises



Video

Hang from a pull-up bar with an overhand grip. Lift your legs up towards your chest, then slowly lower them back down.

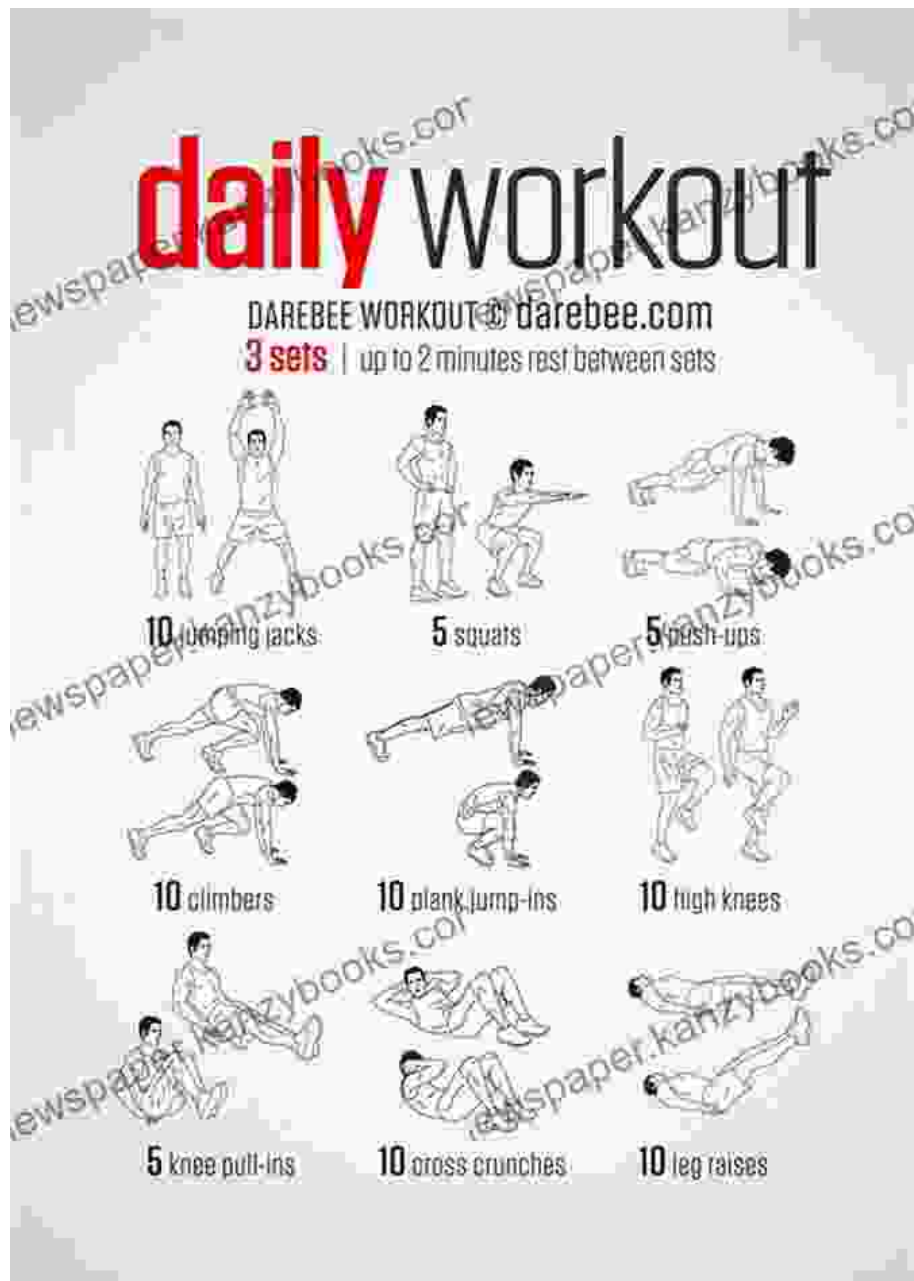
11. Weighted Crunches



Video

Lie on your back with your feet flat on the ground and a weight plate or dumbbell resting on your chest. Lift your head and shoulders off the ground, bringing your chin towards your chest.

12. Decline Crunches



Video

Lie on a decline bench with your feet

HOT FIRE ABS: 15 abs workouts (instructions+videos).
complementary program that can be combined with



your basic workout program.designed for gym&home as well. by Michelle D. Mays

★★★★☆ 4.7 out of 5

Language : English
File size : 1299 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 8 pages
Lending : Enabled
X-Ray for textbooks : Enabled



Dzogchen Nonmeditation: A Revolutionary Teaching Series for Spiritual Awakening

Dzogchen Nonmeditation Dzogchen Teaching Series is a groundbreaking exploration of the ancient Tibetan Buddhist teachings of Dzogchen. This comprehensive series offers a...



The Scariest One Of All Disney Short Story Ebook

Are you a fan of Disney and horror? If so, then you'll love The Scariest One Of All Disney Short Story Ebook. This chilling ebook features a...

