

5 SECRET Killer Ab and Core Exercises

By Barefoot Benny



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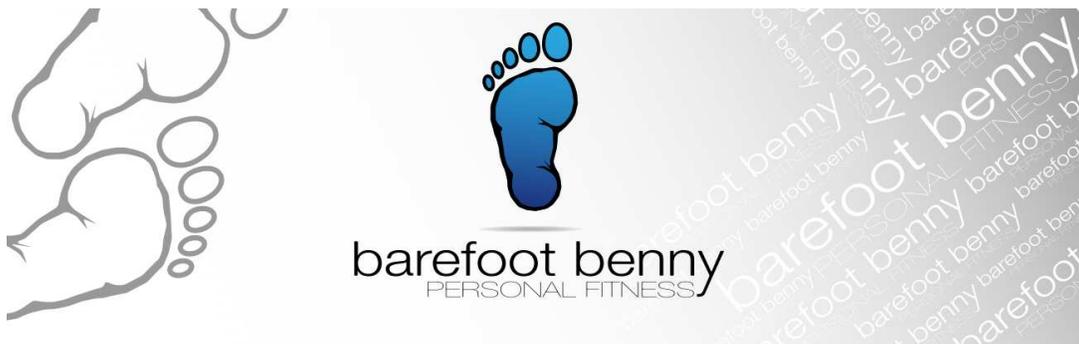
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Always consult your physician before beginning any exercise program.

For more information, please contact:

Email: benny@barefootbenny.com

Website: <http://www.BarefootBenny.com>



About the Author

Barefoot Benny is a National Academy of Sports Medicine (NASM) certified personal trainer located in New York City. His objective is to help his clients reach their goals in a natural, fun, yet challenging environment. He believes that by working out either barefoot or with minimalist shoes, people can better improve their form, posture, and alleviate common injuries due to a sedentary lifestyle and improper training techniques. Clients are not required to exercise barefoot or buy new shoes, but over time they see the advantages to strengthening their feet and transitioning to a barefoot workout.

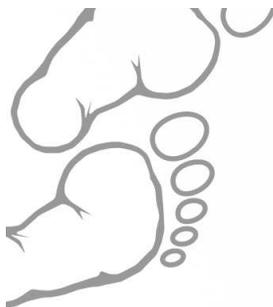


As well as being fully insured, he is also certified in CPR and AED (Automated External Defibrillator).

You can reach him at <http://www.BarefootBenny.com>

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ant to get an amazing six pack, but don't know how? I've gathered these five exercises that **maximize** the use of your abdominal muscles, and minimize the amount of time you need to do them.

Forget doing a *zillion* crunches that take too much time and don't work your whole midsection. Why do moves that *overload the discs* in the lower vertebrae that simulate sitting in a chair with bad posture by rounding the lower back?

DO THESE EXERCISES to get a strong core, decrease back pain, and get that sexy flat stomach you've always wanted!

*Once you get stronger (and more ripped!), you can progress each exercise to make it harder so you activate even more muscle fibers! [Contact the author](#) to learn more.

#1 Stability Ball Roll-Ins



Start: From a pushup position, place your feet on the ball. Keep your body in a straight line, pulling in your abs and squeezing your glutes to stabilize the spine.

Movement: Draw your knees into your chest, engaging your abs the whole time. Roll the ball back out by extending your legs. Complete 10-15 reps.

Make it harder for me!: Lift one foot off the ball, and complete the movement with one leg only! Also, try it with straight legs!

#2 Side Planks



Start: Lie on your left side and shift onto the outside edge of your left foot, and stack your right foot on top of the left. Now swing your right hand onto your right hip, turn your torso to the right as you do, and support the weight of your body on the outer left foot and left hand.

Movement: Position the supporting hand slightly in front of its shoulder, so the supporting arm is angled a bit relative to the floor. Straighten the arm by firming the triceps muscle, and press the base of the index finger firmly against the floor. Squeeze your core and glutes and keep your hip thrusting toward the sky. After holding the pose for 30-60 seconds, switch sides.

Make it harder for me!: Raise the top leg. Also, try reaching under your body, leading with the raised arm, creating a twist in your torso. Hold a light weight to increase difficulty.

#3 Prone Iso-Abs



Start: Lie face down with your forearms parallel on the floor with your knees and feet together and toes on the floor.

Movement: Draw in your abs, squeeze your glutes, and raise your knees off the ground so only your elbows, forearms, and toes are on the floor. Hold for 30 seconds and work your way up to 2 minutes.

Make it harder for me!: Keep the same elevated position, but raise one leg.

#4 Spiderman Planks



Start: Begin in a plank position, with arms extended and shoulders under wrists. Squeeze your abs and glutes, keeping everything in a straight line.

Movement: Bring your right knee to the outside of your right elbow, and then return your leg straight back. Next, bring your left knee to the outside of your left elbow, and then return your left leg. Then try bringing your right knee under your body to meet the inside of your left elbow, and then return your leg. Finally, bring your left knee to touch the inside of your right elbow before return your leg straight back.

Make it harder for me!: OK tough guy, do the same movements to the outside elbows, but while you're in the lowered pushup position!

#5 3-Way Leg Raises



Start: Begin on your back, with legs straight out on the floor and arms by your side.

Movement: Keeping your legs and knees straight, bring your legs up, and lower them to the left. Raise your legs from the left side, and then lower to the middle. Raise your legs from the middle, and lower back down to the right. One rep consists of the 3 movements (left, middle, right). Go until failure, or when your knees start to bend and your form deteriorates.

Make it harder for me!: Add ankle weights, but make sure you go slow and don't use the momentum to swing your legs.