

the Abs Diet Quickstart Plan

Fat-Blaster Workout: Weeks 1 - 3

You'll work out every Monday, Wednesday, and Friday for 45 to 50 minutes. Perform 30 minutes of cardio followed by the weekly core workout.

Cardio Workout

Monday Treadmill:

warm up 5 min (60–70% intensity), work out 22 min (70–85%), cool down 3 min (60%). Walkers: use 4% incline, 3–5 mph. Runners: use 1% incline, 5–7mph

Wednesday Elliptical:

warm up 5 min (60–70% intensity) work out 22 min (70–85%) cool down 3 min (60%)

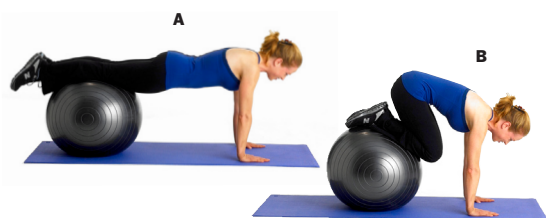
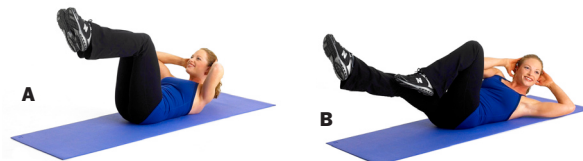
Friday Recumbent bike:

warm up 5 min (60–70% intensity) work out 22 min (70–85%) cool down 3 min (60%)

Core Workout

1 Crisscross

Lie on your back with legs bent 90-degrees—thighs straight up and calves parallel to the floor. Clasp your hands behind your head, elbows out to the sides. Curl up to raise your head, neck, and shoulders. **(A)** As you inhale, rotate your torso to the right, bringing your right knee and left shoulder toward each other and extending your left away from the body, halfway between ceiling and floor. **(B)** As you exhale, repeat on opposite side, rotating to the left, extending your right leg. That's one rep. Perform the crisscross for 60 seconds without stopping.



2 Knee Tuck

Kneel on one end of a mat, with a stability ball directly in front of you. Lower your belly onto the ball and walk your hands forward on the floor until your knees and shins are resting on the ball and your hands are directly beneath your shoulders. **(A)** Starting from this position, engage your core and pull your knees in toward your chest as you stay on top of the ball, which will roll along your legs and feet underneath you. **(B)** Return to the starting position. That's 1 rep. Perform 2 sets of 12 reps each. Rest 30 seconds between sets. Reminder: Exhale as you pull your knees toward your chest; inhale as you press your legs back.

3 Back Extension with Rotation

From a kneeling position, lower your stomach and chest onto a stability ball and extend your legs straight behind you, feet hip distance apart, using your toes to brace yourself. **(A)** If you have lower back issues, consider bending your knees to lighten the strain. Put your hands behind your head and raise your torso slightly. From here, lift your upper body up **(B)** and rotate it to one side, and then the other. **(C)** Lower back down. That's 1 rep. Perform 2 sets of 12 reps each. Rest 30 seconds between sets.



4 Lat Pull

While kneeling on a mat, place your palms together and rest your hands on top of a stability ball, thumbs facing up. Move the base of your hands away from each other, fingers still touching, to create a triangle shape with your hands. Keep your elbows next to your body. **(A)** From this starting position, pull your belly button in toward your spine as you lean forward, letting the ball roll and support your arms as you move forward. Roll out as far as you can without collapsing your back. **(B)** Keeping your core engaged and elbows in, pull your arms back to an upright position. That's 1 rep. Perform 2 sets of 12 reps each. Rest 30 seconds between sets.



5 Reverse Curl Crunch

Lying face up on a mat, knees bent, squeeze a stability ball between your legs and lift feet off the floor so your knees are bent at a 90-degree angle. **(A)** Put your hands behind your head. Squeeze the ball and lift your hips off the mat slightly, as you also lift your head for a crunch. **(B)** Be sure to take the ball straight up into the air, rather than simply rocking your knees toward your head. Each lift is 1 rep. Perform 2 sets of 12 reps each. Rest 30 seconds between sets.

6 Lateral Bend

Kneel on a mat with a stability ball to your left. Keeping your hips straight, lean onto the ball taking your left arm around the outside of the ball to the floor. Send your right leg out to your right side, inside ankle pointed toward the floor. **(A)** You can keep your left knee bent, or—for more challenge—send it out to the right and place it slightly forward of your right foot, so you are balancing on sides of both feet. With your legs positioned and bracing your core, bring your right hand to the side of your head and bend to the right, drawing your ribcage to your hip. **(B)** That's 1 rep. Complete 20 reps on each side, switching sides immediately between sets.

