

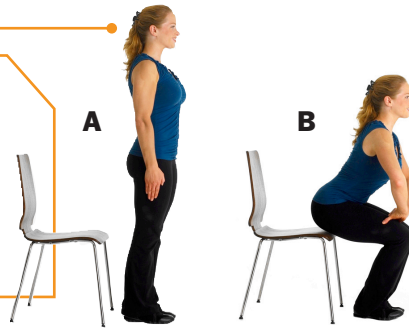
# the Abs Diet Quickstart Plan

## Quick Six Workout: Week 1

Do this bonus workout anytime, anywhere. Perform each move for 15 seconds; do the entire sequence two times.

### 1 Chair Pose Squat

Stand with your feet 8 to 12 inches in front of a chair with feet hip distance apart. **(A)** To begin, lower into a squat, pressing your hips back and down. You should feel most of your body weight in your heels. Touch your glute muscles just slightly against the seat of the chair **(B)** then lift yourself straight back up, pressing through your heels as you return to a standing position. That's 1 rep. Tip: keep your knees over your ankles while you're in the squat.



### 2 Chair Pushup

From standing, bend over and place your hands palms down, on the outer edges of a stable chair's seat. Send your legs straight out behind you so your body is in an angled plank position. **(A)** (You can bring your knees to the floor as a modification; just make sure to maintain a plank position from your knees to your head.) Beginning with straight arms and chest directly over your hands, lower your chest toward the chair, allowing your elbows to point outward (this activates chest muscles.) **(B)** Once you've lowered as far as you can, push back up to plank position. That's 1 pushup.



### 3 Reverse Lunge and Reach

Stand with the back of a chair to your left side, resting your left hand on the back of the chair for balance. Or, stand with your hands on your hips. **(A)** Send your right leg back behind you, toes curled under, as you lower down into a lunge position. Keep the front knee in vertical alignment with your ankle. Return to a standing position, pushing through your legs and using your arm only for balance. **(B)** Repeat on opposite leg. That's 1 rep. Remember: Keep your body weight grounded in your front leg as you lower into your lunge. To add more challenge, lose the chair and touch the hand that's opposite the front knee to the floor as you're down in the lunge position.



### 4 Tricep Dip

Sit upright in a stable chair, hands on the seat of the chair with fingers pointing forward, arms straight. Toes should be pointed up, with weight resting on your heels. Bring your hips forward off the chair **(A)**, then lower your glutes toward the floor, keeping your elbows pointing behind you. **(B)** Once you've lowered as far as you can, use your arms—not your legs—to push yourself back up to the starting position. That's 1 rep.



### 5 Grand Plié Squat

In a standing position, place your hands on the back of a chair arms-distance away for balance. Take a wide stance with your legs, pointing your toes out to the sides at an angle. **(A)** This plié stance varies for each person. Knees should always go straight out over your toes when you squat. Lower your body, keeping your body weight centered. **(B)** Then use your inner thighs and glutes to push up. That's 1 rep.



### 6 Slow Mountain Climb

Stand facing a stable chair. Bend over and place your hands palms down, on the outer edges of the chair's seat. Send your legs straight out behind you so your body is in an angled plank position. **(A)** Raise one knee up to your chest, keeping your core and belly tight. **(B)** Repeat on opposite side. That's 1 rep.

