

# Flat Abs Fast!

## Bicycle

### Works abs, obliques

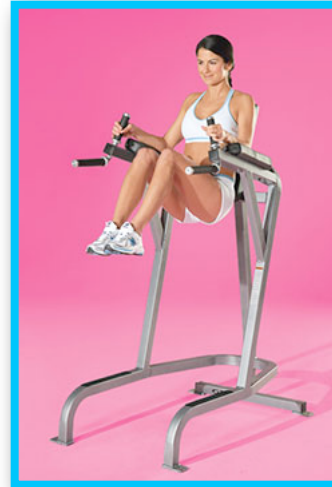
Lie faceup, hands behind head, elbows out. Lift shoulder blades and left leg about 6 inches off floor as you bring right knee toward chest and twist torso toward right knee. Make it harder: Hold a 3- to 6-pound medicine ball at chest (as shown). Switch sides, twisting torso to bent left knee for one rep. Continue alternating in a pedaling motion.



## Captain's chair

### Works abs

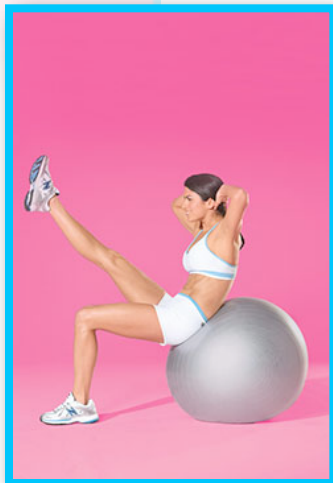
Sit on a stability ball, feet flat and hands clasped behind head, elbows out. Lower upper body until back is resting on ball. Slowly crunch up as you lift right leg as high as you can while maintaining balance (as shown). Lower to start; repeat with left leg for one rep.



## Ball crunch

### Works abs, obliques

Stand on chair's foot strips facing out. Lightly grip handles, forearms resting on pads to stabilize upper body; release feet so legs dangle. Press back into pad, contract abs and bring knees up and toward chest (as shown). Lower legs for one rep.

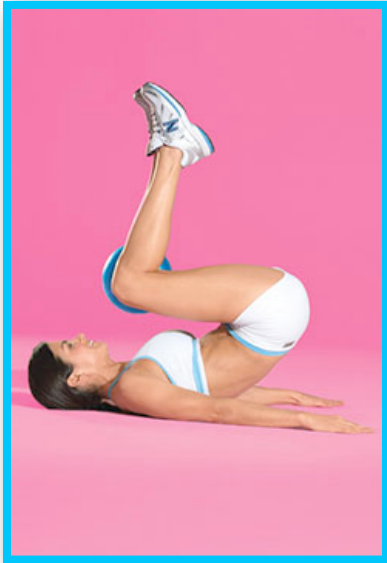


## Stand-up

### Works abs, obliques

Stand with feet hip-width apart, a 3- to 10-pound dumbbell in each hand. Raise arms out to sides at shoulder level, elbows bent 90 degrees (like a goalpost), palms forward. Lean torso to left as far as you can (as shown). Return to upright; repeat on right side for one rep.





## Reverse crunch

### Works abs

Lie on back, legs raised with knees bent 90 degrees. Squeeze a sports ball (or folded towel) between knees and rest arms at sides. Contract abs to curl hips off floor (as shown). Slowly lower hips for one rep.



## Weighted

### Works abs

Lie faceup with legs together, arms overhead on floor, a 3- to 5-pound dumbbell in each hand. Contract abs as you raise shoulder blades off floor, reaching arms toward feet and lifting legs to a 90-degree angle (as shown). Return to start for one rep.



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