

Basic Ab Exercises

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Abs are like any other muscle group remember, they only need training 2 -3 times a week.

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A simple routine like this will suffice

Standard crunch 3x15

Reverse crunch 3x15

Incline crunches 3x15

This is all you need to start building a strong core.

Despite how strong your core is, if you do not have low body fat you will not see your abs. I recommend a program called Ripped Abs, it is everything you need to get in shape and look your best. However, if you do not feel like taking the first step and reading this book perhaps the shopping channel and that good old "ab rocker" is the one for you.

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