

Killer 7 Minute Ripped Abs Workout – For Women and Men

Killer 7 minute ripped abs workout for women and men that you can modify to get you even better results. Any workout you see is just a template that you can modify to make even more effective for your particular situation.

How to Do Your Own Killer 7 Minute Ripped Abs Workout

There are probably 60 or more exercises you can do to [strengthen you abs](#). You probably already know most of these exercises. Some are variations of the plank, leg raises, sit-ups, crunches, and so on.

Variety: Exercising a muscle in different ways, with different exercises is one way of challenging the muscle to become stronger. So, change up your exercises from time to time to overcome a plateau.

Progression: Like any muscle, your abs respond and grow best when exercised in a progressive way. Progression simply means making the exercise more challenging over a period of time. So, how do you implement progression?

Resistance: You already know about progression in many of the exercises you do. The first way to make an exercise more challenging is to add weight or resistance to the exercise. If you already do sit-ups or crunches well, hold a small weight to your chest. This will challenge your muscles to grow.

Add Reps: Another way to challenge your muscle is to add reps to a set. If you are doing 20 reps per set, try doing 25 reps.

Add Sets: And, of course, the next way is to add sets. If you are doing 5 sets of an exercise, next time to 6 sets.

Add Time Under Load: When you are doing static exercises like planks, you can challenge your muscle by adding time. If you can do a plank for 60 seconds, next time try 90 seconds.

Slower Negatives: Your muscles grow by recovering from micro-tears to the muscle tissue. Your muscles are actually damaged when you exercise. During an exercise, your muscles contract or get shorter and then relax or get longer. It's the relaxing or negative phase that causes the most damage. While exercising you may feel blood coming into your muscles. This "pump" is not muscle growth. Your muscles repair and actually grow during the recovery time between your exercise sessions. By slowing down the relaxing or negative phase of each exercise you will cause the maximum damage and reap the maximum growth.

You now know how to make any workout more effective in building ripped abs. So, let's start this basic Killer 7 minute ripped abs workout for both women and men.

Killer 7 Minute Ripped Abs Workout

Now, watch this killer 7 minute ripped abs workout and see how you can modify it to make it super effective for you.

These are the exercises in this killer 7 minute abs workout.

- Side-to side planks
- Side planks with are thrusts
- Small scissors
- Hip Raises
- Wide scissors
- Mountain climbers
- Pikes
- Plank to push-ups

Check out the #1 Bikini Model Workout plan:
<http://BikiniModelFitness.com> Fitness Model Tamra D (Tamra__D)

is showing you an intense 7 min stomach workout to get those sexy lean abs. She's doing crunches, planks, leg raises, and more. You can do this at home every day.

For the #1 Butt Workout Plan visit
<http://www.30DayButtTransformation.com>

Instagram: BikiniModelFitness1