

# Lower Abs Workout at Home in 4 Minutes

Lower abs workout at home in 4 minutes will have your abs asking for rest. Great, effective workout for people with little time.

What's going on guys? this is Vince with v shred com and today I'm going to be giving you guys a four minute lower ab workout.

all right. so, a quick lower abs workout only takes four minutes. Those of you who say that you don't have time to hit ABS, you're just making an excuse. Everybody has four minutes.

This is going to be targeting the lower abs. This is going to be exercising mostly the [rectus abdominals](#), because rectus abdominals are the six-pack, that people what people call the six-pack. You have four different app regions in your muscle, or muscles in your abs. This lower abs workout is going to be targeting lower abs.

I give you three different exercises that we're going to be going through. We're gonna go 15 seconds of each exercises back to back, to back. Then a 15 second rest at the end. So we're gonna basically doing 15 seconds of everything/ We're gonna go four times through, and that's gonna be it. So let's go ahead and get into this.

## Lower Abs Workout Set One

### Reverse Crunch

The first exercise is going to be a reverse crunch. We're going to go after that into a mountain climber. After that into a leg lift extension. 15 second rest. Four times. So

let's do it.

But, before I get into the first lower abs exercise, the lower reverse crunch, a lot of people think that reverse crunch starts down here and they crunch up just like that, and they think this is a reverse crunch. This is not a reverse crunch. This is just momentum, that's all this is. Reverse crunch starts right here. You're going to go from here. You're gonna throw, or you're gonna thrust your knees up to your chest, squeezing down your lower abs making sure your butt is coming up off of the ground. jJust like that. Back down to 90 degrees, and back up. That's a reverse crunch.

So, let's go ahead start this ab workout. And boom, reverse crunches. Again you want to make sure you're not creating any kind of momentum. If you're not going to be talking to the camera like I am, you're going to try to breathe out when you do each crunch, driving those knees up. Stopping it parallel.

## **Mountain Climbers**

Flipping over. 15 seconds mountain climbers. We all know amount climbers are. Don't be lazy with these mountain climbers. Lazy mountain climbers are these right here. You want to make sure you are thrusting your knees forward, squeezing down on your lower abs, right there. And that's gonna be it already.

## **Leg Lift Extensions**

Flip over. Leg lifts extensions. You're gonna bring your legs up. Extend up, but instead of bringing them all the way down here, you're gonna stop right here. Extend right here, back up, extend. Really focusing on driving with your lower abs, squeezing down, breathing out with every single rep. And that's already that. So I went over for a couple of seconds there. But I'm gonna go ahead and get back into this. Wasn't very good with that timing. I'll be better on this one.

## **Lower Abs Workout Set 2**

### **Reverse Crunch**

Reverse crunches. 15 seconds. Watch this time.

### **Mountain Climbers**

I'm gonna get into mountain climbers next. Flip over. mountain climbers ,driving those knees up all the way almost as if your knee and yourself in the face, but don't actually do that.

### **Leg Lift Extensions**

Flip them back over leg lifts extensions. Drive those feet up to the ground, up to the ceiling. And rest.

Oh. OK. So your abs should be feeling this. If they're not try to focus on your form a little bit better. Five more seconds of rest.

## **Lower Abs Workout Set 3**

Get back into the reverse crunches. Already halfway done. Reverse crunches. Stop at a parallel, driving the knees up to your chest. Three, two, one.

Flip over. Mountain climbers. Drive those knees up. Don't be lazy. Squeeze them down. Every single leg drive you should be squeezing on your abs. That's it.

Flip over. Leg with the extension. And if your back butt's on the mat, don't get embarrassed. One more second. Oh wow. Last one.

## **Lower Abs Workout Set 4**

Guys, quick workout but you should definitely be feeling it in your lower ab region. If you're not, really start focusing on squeezing down on your lower abs and driving through them.

Last one, reverse crunches. Next one up is going to be mountain climbers. In three, two, one.

Flip over. Mountain climbers. Drive those knees. Every single knee drive should be squeezing down. When you're at two, one.

Flip over. Leg with the stanchions. Last exercise of the ab workout. Drive those feet up. Squeeze on those abs. And that doesn't it guys. Oh! Go ahead and just stay right here for you guys. So that's a quick four minute lower ab workout.

That was a great lower [abs workout at home!](#)

## **Any Questions?**

Whenever I post these, stand up, whenever I post these follow-along workouts I always get a lot of questions in the comment sections about how often you should do them. And that really comes down to how conditioned your abs are, and how used to doing ab workouts they are. If you are not really getting sore from an ab workout like, this you can do it pretty much every single day.

## **Avoid Over training**

Your abs are a very small muscle group so they recover significantly faster than, let's say, your chest or your back, especially your legs. Those are large muscle groups that take a lot more time to recover. And if you don't give them that time, they never do recover. And you get into that stage of over training.

Your abs, it's kind of hard to get into that stage of over training because they are so small. So I always say if your abs aren't sore you can pretty much train them. So I would start out by doing this ab workout by two, three times a week, maybe every other day. And then also remembering to switch up the ab workouts. That way you are continuously shocking your muscles, confusing them, working different fibers. Because

just like any other muscle in your body, your abs are a muscle that have fibers that need worked and need worked in different angles, need worked with different weight, different rep ranges, different rest times.

## **Variety of Lower Abs Workouts**

So try out a bunch of different ab workouts. If you guys are looking for a full body program that teaches you all about the training that you need all over full body training, the nutrition that you need, the type of dieting you need, to be doing a type of cardio you need to be doing, to hit workouts with ab workouts included in all of it, I have a couple of programs.

But what I did was create a body type quiz that asks you a couple of questions about your body to see what your goals are. and what you're struggling with. And then basically matches you up with first off it gives you a couple of tips that you can just take. And you'll even have to get a program. But then, after that, it recommends which of my programs is best for your body type to help you achieve those goals faster. And not just get on some kind of cookie cutter, one-size-fits-all workout plan. That's not going to work for you.

## **Body Type Quiz**

So, if you guys want to check out my body type quiz and see what I would recommend for your body, you can click the link in the description below this video. Other than that, if you guys have any comments, questions, concerns, videos that you guys want me to make, leave them in the comment section below.

And then last but not least, make sure you guys are subscribing to my channel. That way you're not missing out on future videos. Alright, thanks for watching and I'll see you in the next one.

For more tips and tricks to building your dream body, use my

free fitness tool – <http://vshred.fit/4MinLowerAbs>

Tips For Fat Loss : <http://vshred.fit/11FatLossStackYT>

For Muscle Building : <http://vshred.fit/11MuscleStackYT>

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# Ab Exercise To Burn Fat Fast Using Weights

**What's the best ab exercise to burn fat fast? These top 3 ab exercises burn fat and build your abs. Exactly what's required to get your well defined abs to show.**

What's going on six-pack ABS? Its Thomas de Lauer, your lead nutritionist and lean trainer here. And today I want to give you some different ways to train your abs with weight.

You see, a lot of times we think that we just have to be doing crunches forever and ever and ever to get our abs to pop through. The reality is, when we're doing that we are seeing the ABS because we're getting some neural activation, and we're seeing the ABS because, quite honestly, if we're to cardio by doing thousands of sit-ups and that cardio is probably burning some fat, So, sure you're gonna see your abs. But you have to treat your abs just like every other muscle.

That doesn't mean that you need to go train them in a four six repetition range and go for this craziness. But, you do need to get them under some load. You do need to get this under some weight so that they can actually have some time under tension. So I want to show you three of my favorite weighted ab exercises. Nothing crazy. Simple things that you can do at home with little 5-10 pound dumbbells. A little bit of weight

goes the long way. And you don't want to be loading your spine with a lot of weight anyway.

## **Modified Cable Crunch Ab Exercise**

So let's start with an ab exercise that you probably know of which is gonna be just a regular old good old-fashioned cable crunch. Okay, this is something that you see the gym, but might not be something you can do at home. But you can modify it. I'll show you how.

Okay, so what I'm gonna do when I do a cable crunch is get myself far enough back so I'm not, I don't want to be crunched in. Because what I don't want to do when I do a cable crunch is be supertight where I have to slide sliding my butt back. I wanna be far enough back. But when I'm at the top of the motion, I'm dishing in and tuck underneath.

I want the motion, but I couldn't down. I want my elbows to come along the plane of the floor. So see how they're like moving like that so that I've come up elbows are traveling along the floor and I'm curling in. Yet not this. If I do this it's really hard on the back. I want to be far enough back so I get that stretch slide the elbows you on the floor. And you want a hinge right at the bottom. Boom. So you get halfway down, hinge halfway down. So that's how you shouldn't doing those when you're in the gym.

### **Modification**

Now the thing is is you could modify this ab exercise. You can do it with any kind of resistance band or anything like that. There's actually a way that you get a similar motion by doing it with a simple plate. So we're gonna do this this is we're gonna hop on the ground.

One thing that's really important when you do any kind of weighted sit up at all is, you don't want to be having your feet off the ground the whole time. So that's going to end up

doing is to make it so that you're really engaging your back way more. And you're tilting yourself back. You're going to have an awkward motion here because you're going to have extra weight out of it. So you want to make sure your feet are planted and you want to hold this place down. It's far back. And you hold the weight back, almost behind your neck, Behind your head if you put up on in your head you're going to do this; that's that's working your neck.

One baby hold it for the back and then fringe up that small little crunch we're hitting the back. The exact same way but you don't want to coming down if you come down all the way again. You're meeting that thoracic region so hold hold this plate along your back. And you have just enough resistance to get what you need it may not look the same as that cable app, but it is okay.

## **Weighted Side Oblique Crunches Ab Exercise**

Now this next ab exercise is a variation of one that I've shown you before. So an ab move that I've shown you before, for the obliques. Here's when you get on your side, and you're hitting your abs like this. Okay. You're basically leaning on your forearm. Oh, we can do the same thing by taking a plate and holding it behind our head like this. Same thing except I'm just looping it through. If you have one that has a loop like this, it makes it really easy.

You can do this with a kettle bell; you can do it with a small dumbbell; anything like that. I'm just gonna hold it through the loop. And I want it right by my ear. Same thing.

I'm on my hip pocket, leaning on this arm, helping myself up a little bit. But I'm focusing on the negative. So what I mean by that, I help myself up in the movement ,then I release the pressure off of my arm, here, and I allow the weight to carry me down to the negative fashion. It's like up and down. Up,

let the weight carry me down, up, let the weight carry me down, up.

We're basically letting the weight give us a negative distraction on the ABS. Which is a pretty powerful thing. And something that we obviously want to try getting in as much as we can. Don't need to go super heavy; no need for you to grab a 25 pound plate and try to do that. It's not gonna do you any good.

## **Windshield Wipers Ab Exercise**

Okay now another one that I want to focus on is grabbing, we'll grab this here. Absolutely do it home. You can do this with two dumbbells, or you can do it with a barbell. I'll show you both.

These are called windshield wipers. Technically they are an ab exercise because you are engaging, using the upper body level. In all, we're going to do here is go from side to side. Boom. That's the middle, that's the side, middle, outer side. Another side, middle. Very straightforward move.

### **Variation**

Let me show you the other variation of this ab exercise where we do it with some kettle bells. Might be something that will be easier to do at home because you may not have barbells sitting around. Let's go nice and light; let's go the pink ones and I'll show you a variation that you can do to make it a little more advanced dude. Same thing.

Pretend you're holding a barbell, back but now since you actually have more motion this way you're going to engage the Sartorius in the internal or external obliques. That works same thing okay. But what if I want to make it a little bit more advanced? Well, we do that the down side, side, middle, and crunch a punch. It's a side, slide, middle in touch, side, side, middle.

## **Watch Your Back**

And the reason they don't recommend doing that with our back is because it can get difficult once you get that last little crunch up. And the last thing I want to have happen to you is you get tired you have that barbell come down on your face. At least with kettlebells or dumbbells you're safe. You're gonna fall this way if you do fall. Say a little bit more control.

Here are quick little ways for you to engage the ABS in a different way. Okay if something again when you're activating a little bit more intensity and you're getting a little bit more that sarcoplasmic reticulum, part of the muscle to actually contract at its fullest, you're gonna get more muscle growth. If you get a little bit of muscle growth in the ABS, that's what's going to give you that pop that you want. It gives you that a little bit of the actual definition in your abs. And of course, I can't say this enough times, if you really want your abs to shine through you have to get leaned.

## **Intermittent Fasting: The Fastest Way to Get Lean**

What's the fastest way of getting lean is intermittent fasting. So if you haven't already make sure, you check out the link down in the description that goes to my intermittent fasting. For science-based expect which is now the world's leading intermittent fasting course, that's the quickest way to get your abs to the diet.

This is gonna be one of the quickest ways to get abs when it comes down to your training. So as always, make sure you're keeping it locked in here on the channel with six-pack ABS calm and I'll see you in the next video.

Achieve            The            Body            You            Deserve:  
<http://go2.sixpackshortcuts.com/SH3oN>

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# Exercises to Get a Sixpack and Ripped V Cut ABS FAST

**Get a Sixpack and ripped V Cut ABS FAST with these 4 Core and Ab Exercises you can do AT HOME!**

So in this video I'm gonna show you the top 4 ab exercises to get ripped ABS fast. HA! Let's go. What is up Carrot Kingdom? So, a lot of you guys asked me on Instagram after I posted these pictures here, hey Mario, how did you get your six-pack?

So you know what? I thought I'd make this video right now where I'm going to show you four sixpack ab exercises you can do at home, right now, to not only get those ABS but also those V cuts shaped lines. I'm gonna show you how to get them with my favorite 4 exercises.

## **Walking to Burn Fat**

So, let's get started with exercise number one. Alright guys, get ready for exercise number one. You can do, and one of my personal favorites, it is called, wait for it, keep waiting, walking. Yes, walking. And I know a lot of you guys are gonna be like, no Mario, I wanna have AB workouts. I want to have crunches and cork twists, starfish crunches.

Two things you gotta understand first of all. It doesn't matter how many cork twist or starfish crunches you do if you have a layer of fat on top of your abs. They're never going to show. And here are a couple of things about walking you probably did not know. So, first of all, by walking just for an hour, very moderate walk, you burn around 200 to 300 calories. You might burn less calories than by a run, obviously, but percentage-wise, that energy is gonna come

mostly from your fat cells right on top of your abs. So you're gonna burn them off by walking every single day. That's what I'm doing here. So I've got this health app on the iPhone and I tried to walk at least 10,000 steps every single day. So try to make that a habit.

### **Knee Raises for Lower Abs**

And let's move on to the second exercise. Alright guys. So now that you know how you can burn off some of that baby fat by walking every single day, let's move into the actual strengthening part of your abs. And one of my favorite exercises in the world that you can do anywhere on the planet is called knee raises. So the idea is pretty simple. You just find any object that kind of elevates your body. And then you raise your knees. So you can either hold on to a bar. You can hold on to a rail. \You can literally hold on to a tree. You can either keep your legs straight, which makes it way harder, or you go for the classic knee raise. So what's gonna happen with that, it's gonna work mainly the lower region of your abdominals.

So many people try to do million crunches which focuses mainly on the upper part of your abs. But you want to get into these lower abs. You know you want to get those v-cut shape abs. Girls love them; guys love them; babies love them; everybody loves them. So let's focus on this area of your abs. And especially if you do kind of like a twisting movement. So you don't just go up but you actually bring your legs around in a circle that's gonna also work your obliques so that one day you're gonna look like Alexis Ren. I mean just the waist line obviously. You're probably not gonna grow boobs. Maybe. Hopefully. That'd be cool.

### **Russian Twist for the Obliques**

All right guys. Moving on to one of my absolute favorite ab exercises by the way, I found like a golf court or something

beautiful here in Korea. So that's a great setup for this next exercise which is called Russian twist. And if you've ever been with a Russian man you know that they have a lot of manliness inside them.

So all you got to do is put down the camera then you get two water bottles. And then you're just gonna hold the water bottles in your hand as a little weight. And from there you're gonna twist from one side to another. What that's gonna do is, first of all, you're gonna look freaking cool and outdoorsy and gangster. But secondly, it also works your obliques. So again it's gonna get you that V line abs shape ab that the ladies love.

So with this exercise you don't need to do many of those. Just make sure to do them slowly and with control. And when you can't do anymore you don't stop there. No. You just drop one water bottle first, then you keep going until you can't do anymore. Then you drop the other water bottle and if you can't do anymore without water bottles then then then you're done bro.

### **Dry Humper Works Your Core**

So you guys know we've worked on a low region of the abdominals we've worked on our obliques. And now it's time to finish it off with one of the most classical but most amazing exercises which is called the dry hump, Er, Yeah. So let me know in the comments if you find a better name for this exercise.

In the meantime, let's call it the dry humper. What the dry humper does, unlike just a regular plank, it is much more intense because you have that hip movement. And many people didn't know when you do a plank you don't only work on your abs, you also work your back it's your whole core, that whole waistline that surrounds your waistline, and gives you a beautiful waistline.

So dry humping is a great exercise you can do especially at the end of your workout. There's a lot more variations. You can also do hip dips; you can do crocodile crunches. It all is the same idea of having a plank exercise but adding some more functional movements that just give you a better workout for your abs.

Let me know in the comments what do you think of those exercises. Also let me know if you have any more questions for me because I always try to read every single one of your comments. I love connecting with you guys. We are a freaking community that supports each other to achieve our goals. Make fun a priority and stay healthy. So on that note guys one carrot a day keeps the doctor away. And I see you in my next video.

Hope you enjoyed learning how you can get a sixpack and ripped V Cut ABS FAST with these 4 core and ab Exercises!

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## **3 Exercises to Get RIPPED V-Cut Abs FAST**

**If you want to Get RIPPED V-Cut Abs, this video is for you. Here is the secret to getting ripped v-cut abs.**

It's really simple. First, you need to manage your diet to reduce your body fat so your abs can be seen. Good nutrition will help your body burn more fat and build strong ab muscles.

Second, you need to do the right exercises to get ripped v-cut abs. The right abs workout will target the abs to produce that popular v-cut, ripped abs look.

And this v-cut is popular. Both men and women love the v-cut look. It shows that you have dedication to eat right and stick with healthy exercise.

So, this video shows exactly how to get ripped [v-cut abs](#) fast.

Do you want those chiseled, ripped v-cut abs that you see plastered all over Instagram? Well if so then you came to the right place because I'm gonna show you exactly how to do that. And I'm gonna show you how to do it in less than three months.

## **Genetics Help Your Get RIPPED V-Cut Abs**

One thing that I want to mention right off the bat is that some people may be more genetically predisposed to nice ABS than others. But that shouldn't hold you back from at least trying because everybody can get better than they are right now, me included. So without further ado let's get right into it.

## **Lose Body Fat to Get RIPPED V-Cut Abs**

First thing that probably is the most important thing when it comes to getting abs is you can't be overweight. I hope this doesn't come by surprise but you should be under 20% body fat if you want to obtain nice abdominal muscles.

You might be thinking like, well I just want to [lose weight](#) around my, you know, abs. I want my abs to show. I want those v-cut lines.

Well, I'm sorry to inform you there is no such thing as spot treatment when it comes to losing weight. You can't just pinpoint one area and lose fat in that certain area. It's basically all or nothing.

But don't you worry because I am about to show you at the best way of doing that. What do you think the best form of cardio? Is it running? Do you think it's biking? Is it weight resistance training? Wrong it's not.

## **Jump Roping Helps Get RIPPED V-Cut Abs**

It's jump roping. Jump roping is the highest intensity form of aerobic cardio. Aerobic cardio is cardio that you do long-term. It's not super strenuous to your muscles. You can do it and maintain your energy for quite some time.

When you're doing it jump roping is four times as effective as both bicycling and running. You can burn over a thousand calories in one hour of jump roping. This is gonna make you shred that weight off. It's gonna melt fat off your body like butter on a hot car in the middle of summer.

## **Good Diet Helps Get RIPPED V-Cut Abs**

And if you're trying to cut your weight down and lose that body fluff then you need to get your diet in check. I don't know how in depth you guys want me to go with it. I think most of you kind of know but stick to Whole Foods. You know grains, greens, proteins, no processed foods.

Try to stay away from sugars. Sugars are gonna make you build fat quicker than fats even will. But if you guys are a little confused on diet I can do a video on it just let me know in the comments below.

But when it comes to looking more muscular, you know building that six-pack appearance, you want to be burning that candle from both ends. Not only should you be cutting the fat on the outside but you should be building the muscle from the inside out. The rectus abdominis, you know, your six-pack muscles go from the bottom of your chest all the way down into your pelvis. And as far as I know, it consists of three different sections: your upper abs, your lower abs, and your obliques

(you know the side abs).

### **3 Exercises to Get RIPPED V-Cut Abs**

If you want to obtain those cut lines you want to target your lower abs. So I'm gonna show you my three favorite lower ab workouts. These are the only exercises I do for lower abs. You want to do three sets of all of these exercises every other day in order to give yourself time to recover from the previous workout.

But keep up with these. Be consistent with it and eventually you will achieve your desired Get RIPPED V-Cut Abs.

Get my jump rope here: <http://amzn.to/2FYfIph>

My name is Brett Maverick Lange and I make video's about reactions, challenges, fitness, nutrition, fashion, lifestyle and anything fun through a combination of informative videos and vlogs. I preach a lifestyle whereas you can combine fitness with every aspect of your life, such as social activities, drinking alcohol, partying and still eating your favorite foods on a daily basis. Don't forget to subscribe if you want to stay up to date ☐

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