

# 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

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## **Killer Core Workout to Get Those Flat Abs**

**Killer core workout to get those flat abs to look tight, to look great this summer., This is the workout you got to do at least twice a week.**

Your core muscles comprise a complex of muscles that go well beyond your abs. This complex includes muscles in the pelvis, diaphragm, back, hips as well as your abs. You will develop strength and improve stability with this killer core workout.

Now we're gonna do some killer [core](#) workouts. We're gonna do 30 seconds on with the 10-second break. So you get a little bit of time and transition to take a quick breather in between. And let's go.

### **Killer Core Workout: V-up**

All right. We're gonna start off doing V-ups. All right. You ready? And go. Good. You can see here, his legs are completely flat they're parallel with the ground. The thing you want to keep in mind as you're doing these, you want to keep your lower back, as you come up, pressed against the ground. A lot

of times you'll want to kind of arch. You don't want to do that. To protect your lower back, to engage more of your core, you want to make sure that your lower back is pressed on the ground as you come up. Good. And rather than crunching forward, it's almost like you're trying to bring your nose and your head to the ceiling as you come up. Raising the shoulder blades. And rest. Good.

## **Killer Core Workout: Plank**

Alright we're holding. Into a plank next. Let's take these ten seconds to flip around. Get into place. We're starting in two, one, and go. Good. Now the thing you want to keep in mind here, you want to keep your abs lifted. See here. He's got a nice straight line. You don't want your butt to be too far up in the air, making a peak like this. You want it to be nice and flat. But also you wanna remember you don't want to let your lower back sag here. That even might be deceptive. It might look like a straight line but your abs aren't engaged. You want to keep it, hold it nice and tight, like this. Squeeze your abs as hard as you can. You're almost there. We got three, two, one. Take a breather. Awesome job. Great.

It's great to even kind of work up in time. Start with 20 seconds, 30 seconds. Continue to work up in time. Keep working on a plank. Alright.

## **Killer Core Workout: Bicycles**

And go. We're gonna do bicycles next. It's a classic exercise. Good. The thing you want to keep in mind here is that you're coming up, it's not just a turning of your head. You really want to turn and bring those shoulder blades up to the opposite side with you. You're really gonna work your obliques. They're tearing up your entire core. This is targeting your lower and upper abs. This is a great exercise if your lower back starts to hurt, bring your legs a little bit higher up. It'll help support your lower back. Ready, and

rest. Good. That was 30 seconds. Another 10 second breather.

## **Killer Core Workout: Side Plank**

Next you're gonna be going into a side plank. So, similar to a plank except we're gonna do it on your side. Watch Dr. Josh here as he gets into position. And go. Now, here's the option: you can go from your hand like this. But, if your wrist is starting to hurt, feel free to drop to your arm, and go on your elbow. Good. And another thing, so you can stack your feet like this, or you can put feet side by side. That all should give you a little bit more support. Keep your legs straight though for balance. Good. Keep your hips nice and lifted as high as you can. Very good. Keep squeezing. You're almost there. And rest.

Here we got another ten-second breather.

We're gonna flip on the opposite side and do the exact same thing. All right. We're starting in two, one, and go. Good. Now another thing here, you want to make sure your hips are completely stepped. You don't want one hip to be too forward or another one to be too far back. Completely up and stack. Like this. Good.

Now if this is getting a little bit easy for you, you can add in a little hip lift. So, hip up and down. Adding a little lifts Dr. Josh with your hips, up and down. Good. There you go. This will actually engage your obliques even more, cutting those side cuts in your abs that you're always looking for. And rest. Awesome job.

## **Killer Core Workout: Suitcases**

All right. Last but not least. We're gonna go into suitcases. One of our favorite exercise, especially for those lower abdominals. It's hard to reach belly fat. And go. Good. Now, the key here is you really want to use your abs. You don't

want to lose momentum or use the momentum to pull your abs up. Use your abs. Really engage your core. The lift. And it's not a matter of, you see, Dr. Josh here. He's not moving his lower legs, is that you see his knees, his entire leg, it's like it's one whole body part that he's moving. Just from those abs curling and get entire way up. He's lifting that shoulder blades off the ground every single time, meeting in the middle. Great form. And rest. That was 30 seconds. Take a 10-second break. You can do this as many rounds as you can. Go for a great burnout. There's a great killer [core workout](#). Highly recommend you do this a couple times a week. Who's been Dr. Josh and Dr. Chelse. enjoy yourself, have a good one.

For more info:  
[https://draxe.com/how-to-strengthen-your-core/?utm\\_campaign=Youtube-Jun-2014&utm\\_medium=social&utm\\_source=youtube&utm\\_term=strengt-hencore](https://draxe.com/how-to-strengthen-your-core/?utm_campaign=Youtube-Jun-2014&utm_medium=social&utm_source=youtube&utm_term=strengt-hencore)

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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 app 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 near 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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# 6 Reasons Your Abs WILL NEVER SHOW

**6 Reasons Your Abs WILL NEVER SHOW!** You've been watching what you're eating. You've been doing crunches. And you've been losing weight and body fat. But you still can't see your abs. And it seems like no matter what you do you'll never get those abs to show.

But don't lose hope. Even though this video has a pretty harsh title, I'm here to help. And to start we have to go over the six most common reasons why your abs aren't showing. by learning the reasons and fixing the mistakes that I'm gonna go over in this video you should be on your way to six-pack abs in no time.

but a big disclaimer is that you actually have to make the changes that I recommend in this video. You can't just watch it and hope that you get abs. So let's jump right in.

## **Reason #1 Your Abs Will NEVER Show**

The first reason why your abs aren't showing is because you're not choosing a variety of exercises with a full range of motion. And you're getting minimal negative contraction. It's a common known fact that the negative portion of any movement is where the most muscular breakdown occurs. It's also commonly known that in order for your muscles to grow and come

back stronger, you have to first effectively break those muscles down. Meaning, if we want to have abs to show, we should definitely focus on the part of the movement that breaks down the most muscle. Which once again is the negative portion of the movement.

The mistake that a lot of people make is that they primarily focus on movements that only allow for minimal negative contractions because those movements can't be done with a full range of motion. Let me give you a couple examples to further drive home the point. A super common exercise is the crunch on the cable cross machine with rope where you sit on your knees and you have the rope behind your head and you crunch down. Even though I do admire this exercise because it's actually involving weight, the angle that the weight is pulling on your abs is already problematic. And on top of that, you can only come up to neutral. I say the angle is problematic because you lose abdominal tension before you can even come up to neutral. Meaning, you have a very small negative range of motion. And most of your work is done within a very short range. It would be like doing a bicep curl only allowing about your arms to come down to 60 degrees rather than extending a full 180 degrees.

Let's look at another example. Crunches on the ground. They only allow you to move from a neutral position to your shoulder blades slightly elevated off the ground. Again, very little range of motion, especially in the negative aspect. The most negative you can get is neutral.

Let's look at another example. Leg raises on the floor actually have the same issue. The floor will prevent you from giving your abs the stretch that they could definitely use to grow. Also with regular leg raises, the angle will again take the tension off the ABS except in the limited ranges of motion.

The plank is another example. It's a simple isometric contraction, meaning no negative at all.

To get around the problem, focus primarily on doing far more effective exercises. For example during the decline sit-up. The angle is set up in such a way that the tension will not come off your abs at any point. So the negative portion starts at the top of your sit-up and continues all the way to the bottom. Because of the way that the angle is set up, this allows you to open up your abs more and get more muscle breakdown.

Same thing with the stability ball sit-up. You can curve your back around the ball allowing you to get past the point of neutral normally. The floor would be the end of the movement on a regular crunch like we were just talking about. But with the stability ball, you have a longer negative range of motion.

Another upgrade would be leg raises hanging from the bar or hanging off the edge of a bench.

These exercises accomplish the same thing that give you more room to work the negative portion of the movement. I'm not saying to not do the other movements, but your bread and butter should be exercises that allow full range of motion and provide more negative tension like the decline sit-up, like the hanging leg raises, like the stability ball situps. And then sprinkling in the short range of motion exercises like crunches to help you finish off your abs.

## **Reason #2 Your Abs Will NEVER Show**

The next mistake you're making is that you're trying to get abs by just training your abs. Many of you have a layer of fat covering your abs. And as important as it is to build up the muscles to have them pop out, it's also equally important to burn off the layer of fat sitting on top of your abs. You'll never burn off that layer of fat by doing crunches because there's no way to target fat burn. The only way you'll be able to burn off that belly fat is by creating an overall negative

energy balance requiring your body to pull energy from fat stores all around your body including from your midsection.

The unfortunate truth that no one wants to hear is that your abdominal fat is usually the last to go. And the belly area is usually the first place that your body likes to store fat. So even if you're dieting and exercising, this may feel very much like an uphill battle. Therefore, the key to lose belly fat and keep it off is consistency. Find a plan that you could be consistent with if you've been consistent with diet and a workout plan and you still can't lose the belly fat.

### **Reason #3 Your Abs Will NEVER Show**

This leads us right into the next reason why your abs won't show. Insulin resistance. Insulin is a fat storage hormone that will prevent fat loss when elevated and seems to increase the storage of belly fat. According to the American Academy of Family Physicians, there's a strong relationship between abdominal obesity and the degree of insulin resistance regardless of how much you weigh overall. Also, in a study at the Garvan Institute of Medical Research in Sydney, Australia they investigated the link between abdominal fat and insulin resistance in normal and overweight women. They found that abdominal fat was a strong marker for insulin resistance and the major determining factor of insulin resistance in women. Now it's a mistake to think that if you don't have diabetes you can't be insulin resistant.

There are different levels of insulin resistance just like there are different levels of insulin sensitivity. The best, most natural way to lower insulin resistance is by trying a fasting diet approach. There are many different ways that you could set up a fasting diet plan. So for the sake of time I'll include a link in the end of this video. And in the description below for an in-depth video of how to set up your own fasting diet plan.

Other things that can help insulin resistance is avoiding all forms of simple sugar. Meaning no ice cream, soda, sweet tea, Gatorade, candy, sweetened coffee. No simple sugar at all!

Weight training has also shown to help with insulin resistance. So if you're not weight training, start doing that right away.

Some studies have also shown apple cider vinegar can prevent blood sugar and insulin spikes after eating. But keep in mind what you eat will impact your insulin a lot more than what you supplement with.

#### **Reason #4 Your Abs Will NEVER Show**

The number four, and probably the biggest mistake that I see people making, is that they're going for super high reps and not training their abs at a high enough intensity level. As much as it might seem like it burns a whole bunch to do a hundred reps of crunches, it doesn't mean that it's actually the most beneficial way to build up your abs. In fact, it's quite the opposite. A 2009 study published in Physical Therapy and Sport concluded that abdominal muscles were significantly more recruited with higher weight loads. This doesn't come as a shock to me because I've been doing weighted ab exercises since I was 14 years old. And it shouldn't come as a shock to you because, think about it, you can grab a very light weight and curl it until your arms are so sore that you can't lift them up anymore. But this is typically not the protocol that anyone would suggest for building bigger biceps. The abs are not some special muscle on your body. They are still categorized as a regular muscle group. Meaning they get broken down the same way and they get built up the same way as other muscles in your body.

So if you're not using weights for your ab workouts, then that is, right away, a huge red flag. And it's a main reason why your abs aren't showing. You wouldn't expect your shoulders to

show without first working on building them up through a progressive weight training program. Same thing with your abs. Even if you cut all the fat off your body if your ab muscles were not built up you wouldn't see much muscular definition because there would be none to fix this problem. Focus on movements that allow you to load the ABS with weight and focus on upping the weight over time. With a progressive weight training model, meaning you can start off using just your body weight, but every week make it a point to try to increase the weight load you use for your ab exercises.

Some of the best weighted exercises are decline sit-ups, leg raises, pulses, and stability ball situps.

### **Reason #5 Your Abs Will NEVER Show**

Let's move on to the last two and I promise I'll make these quick because I'm sure we all got things to do. So mistake number five is that you're training your abs either everyday or simply way too often. Some experts will advise you to work your abs no more than four times a week. And I think that's pushing it because that means one of those days you don't get a rest day before work your abs again.

Two to three days a week should be the most that you work your abs. Once again, your abs are muscles. Would you train any other muscle in your body every day for maximal improvements? You know your ab muscles grow and get stronger when they repair and recover, just like any other muscle in your body. Give them time to recover and I promise you won't regret it.

### **Reason #6 Your Abs Will NEVER Show**

The last reason why you can't seem to get abs is one that nobody wants to hear. Nobody in the fitness industry wants to talk about this. But since this channel is committed to the truth, I have to mention it. ABS may not be in your genes. Even though this is definitely not the most likely reason, and I certainly believe that most of the people watching this

video can get abs, one undeniable reason you don't have abs maybe because you simply don't have the genetics for it. Some people naturally carry more abdominal fat and even if they get down to leaner levels with rip arms and ripped legs. The ABS still don't show through on top of that. Genetics play a role in determining the shape of your abdominal muscles themselves. And genetics especially play a role in the symmetry of your ab muscles. For that reason, don't obsess over how your abs compare to someone else's. Your goal should be to make incremental progress based on yourself. Everyone can get a flat stomach but there's no guarantee that your abs will look as symmetrical or as ripped as some fitness model in a magazine. And they don't have to.

The most important part of this journey is for you to become a better version of who you were yesterday. Abs are not going to change your life for the better. Abs are not going to get you the girl of your dreams. And I promise you, the novelty, it'll wear off. Nobody really cares except for you. So make your transformation about you, not someone else.

That's it guys. I really hope this video has helped you out. Keep in mind most of you can get abs. Just follow the other 5 tips make sure you subscribe to this channel. And if you want a done-for-you transformation program with a customized diet plan, a workout plan, and an accountability coach guiding you for six weeks, try my free six week challenge where you're one competition is yourself and your willingness to stick to the plan you compete against yourself. Which is exactly how it should be. Right now, on average, my clients are losing a minimum of either 20 pounds or 5% body fat which may just be what you need to finally see those ads show. You can register by clicking the link below and seriously if you don't have a solid plan I highly recommend you do this program you can access it by visiting [gravitytransformation.com](https://gravitytransformation.com).

FREE                      6                      Week                      Challenge:  
[https://gravitychallenges.com/home65d4f?utm\\_source=ytube&utm\\_t](https://gravitychallenges.com/home65d4f?utm_source=ytube&utm_t)

erm=never

Fat Loss Calculator: <http://bit.ly/2wpmH7d>

Here's the video about how to set up your own intermittent fasting plan from scratch ↓

<https://goo.gl/XzaQPH>

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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 a 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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