

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 kettlebells. 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:
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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 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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