

# 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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