

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

My Complete Ab Workout – Rob Riches

British-born cover model, Rob Riches, shows his complete six pack workout to target the entire abdominal section.

The next step up to being able to engage and really develop our lower abdominal structure is to add some gravity. So basically, what is the same as the lying leg raise. I've got a height adjustable bench here. Head up at the top, and get my hips down here. Legs at the same movement but now I have a wider range of motion.

I really have to engage, work the lower abs. The same principles apply. Tempo: we're keeping momentum out of the equation. Here we're focusing on that deep breathing and contracting out up at the end.

Secondly, form and technique: both my knees and my arm position are fixed. The only parts that are really moving are my hips and the lower abdominals. Think of it like a almost in a cocoon, fetal position. Elbows up on my temple. That keeps my arms fixed and keeps the abdominal muscles, down here, constantly tense which helps add to the intensity of the

exercise.

Breathing, again, exhaling as you come up. I really can't stress the importance, especially as you step up the advancement level, breathing has in actually engaging the abdominals, helping you increase that muscular contraction. Fifteen to thirty reps on here and if you need to take a short break, five seconds, back on and try and complete at least two if not five more reps after that.

Alright, let's move on now hit the lower and side obliques. Next exercise is the high cable wood chop. This is a classic favorite of mine. And adding that resistance taking it through a constant range of motion really keeps maximal contraction on these internal external obliques, the V sectional apps that we really work by rotating the core. So this is a step up from I think the seated medicine ball rotation where we have a fixed object moving it around the core. This time, again, we're fixed but we have this constant resistance that's always the same. Basically, we have no sticking point, which means it's a lot more fluid, so keeping those muscles engaged.

Okay, the outer arm goes on last. Arms bent. I've got a moderate weight on here; it's not too heavy because really it's my obliques doing the work and nothing else. Love this exercise. But really, developing the side obliques, I don't use too much weight. So I focus back on the breathing and the technique and form. Keep my arms as fixed as I can I'm not bending them. My arms aren't doing this and I'm keeping my hips my waist as fixed as possible. I'm doing this movement which even without any weight as you can see the muscles happen to work. So when I combine breathing back I really get that deep contraction pulling my abdominals in. When you add some resistance like I have done here, that really helped improve their conditioning and helps you get that grainy effect, grainy gropey muscle effect, when you're low body fat comes through. That is read cardio and diet come in.

But you've got to have have the abdominal structure developed before that can be seen.

Now, I've worked one set of the obliques and that will work the opposite direction and switch the handle from high to low. Basically using the same weight but now I've got gravity going against me. So, outer hand over on the end same principles apply. Keeping the arms fixed and rotating around my waist. Keeping that fixed as I exhale. Focus on squeezing the muscle at the end. That means slight pause and a break in momentum.

By moving on from the rotational portion of this ab circuit I'm now going to take the cable, put it back up to the top and focus on some high cable pull downs to really start to engage in bringing my intercostals here. And with that slight rotation it's another dynamic, another factor variable I'm changing in the ABS Orcutt to help increase the intensity and help further condition and train my abs.

It's going to set up few modifications to this exercise. I'm going to remove the handle and take the weight up. Reasons for that I'm going to hold the ball here where it keeps my wrist elbow and shoulder all in line. Instead of having a handle to pull down on. I'm actually engaging more of my obliques this way. Secondly, because the height of this, if the handle were here I'm not getting full contraction or lengthening of my abs. So by taking the ball up to the top I can get that full range of movement and then about it. The weight increasing the intensity because now I'm only that's really flexing my ABS. I'm not having to bring that weight outwards away from that gravity.

So same principles technique form breathing control you can see from this exercise just that shortness range of motion from here how much I'm moving I'm not coming all the way down here. The purpose of this exercise is not to flex your body to the side as much as you can it's again that contraction. With that, breath out. And that slight rotation to get these

abdominals. My shoulder is working. See if I would just go up and down engaging but not as much as that twist that elbow comes down and slightly backward. It's kind of like you're drawing a J backwards with your elbow. See these pulling. Oh so, if you want to focus on getting that V cut just around the top of the short line, this is a great exercise to be able to build up to and really get these lower muscles working.

Okay, on with the final exercise of this particular app circuit. And for that I'm going to head back over to the decline bench and start to pull in my upper abdominals combined with a lower section again. Now I'm going to bring gravity back into the mix for this final ab exercise of the AB circuit. The reason is now my lower abdominals have to work that much harder to contract and pull my body weight with my torso, shoulders up from that decline position. So I think shoulders and hips, whichever, is going to be lower means that particular portion lower abdominals if the hips are lower than the shoulders, upper abdominals, if the shoulders are lower than the hips.

So we're just using this adjustable bench to manipulate which part is doing more work really does make a difference how high or low the shoulders are in relation to where the hips, and how the apps that happens contract more about 20 degrees lower than my hips there. Get that little extra movement now that my abs have to be stretched out that tiny bit farther as I go down. It means they're having to work much harder than if I was just simply laying flat or adding resistance for that same movement. So there's another tip instead of simply trying to add heavier weight through the exercise think about the range of motion.

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