

Jason's Anywhere Ab Workout

For those of you who know me well, you know that I am a very competitive person. I love a good challenge and especially a workout challenge. Over the years, we have come up with some pretty wild ones. Some have ended in glorious fashion and others in miserable failure. By this, I mean that the participants usually feel miserable afterwards and experience muscle failure... and sometimes failure of the stomach to retain its contents.

The following is my latest challenge for you. This is a great ab workout that can be completed nearly anywhere as you don't need any equipment to complete it. It is a good one to do while traveling and staying in a hotel. This also means that you have very few excuses for NOT doing this right now!

The key is to focus and control each movement to maximize abdominal contraction.

Start with a warm-up or a cardio session. If in a hotel room, march in place for 5 minutes while bringing your knees higher and higher towards your chest as you march. You may also use your hands to increase the knee lift and pull against your chest each time (see picture.)



The idea would be to warm-up and loosen your hips and low back. After your warm-up, do the following exercises in order:

-15 Bodyweight Squats (continuation of warm-up for low back and hips – don't skip your warm-ups!)



Go deep!

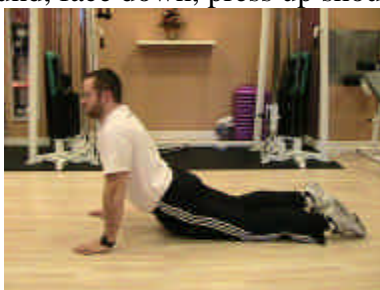
-Hamstring Stretch - 40 seconds each leg (prop foot up on something)



-Quad Stretch – 40 seconds each leg (get those quads loose too!)



-Cobra Stretch – 40 seconds (on ground, face down, press up shoulders, let hips and abs sag)



- 50 Bicycle Crunches



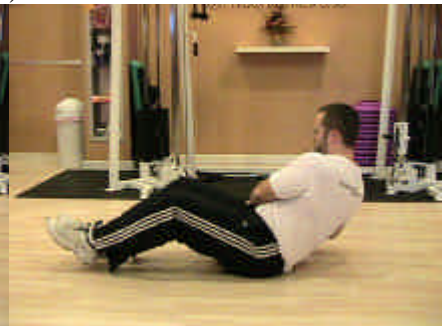
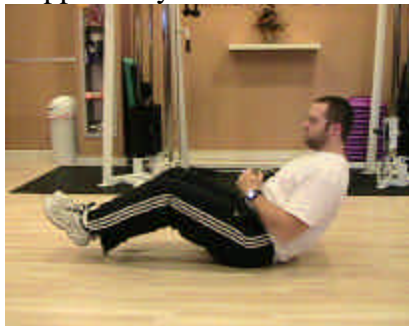
- 50 Crunches with Knees Up



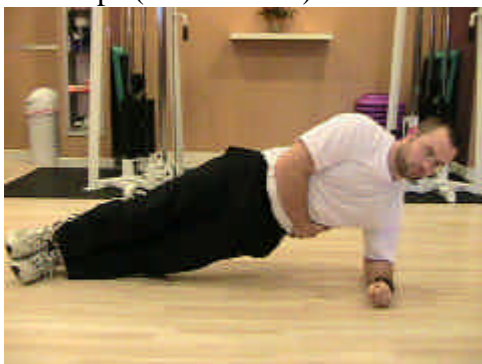
- 50 Reverse Crunches



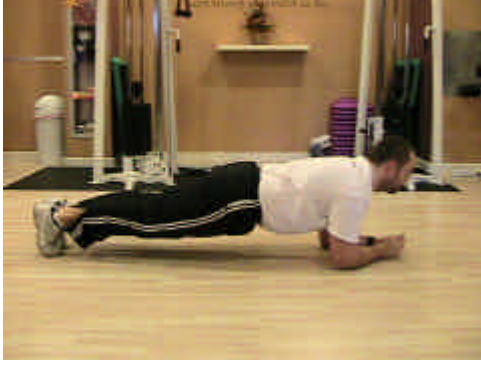
- 50 V-Twists (sitting on ground, lean back until feet are hovering about 6 to 12 inches off the ground, twist upper body side to side touching the floor 50 times on each side)



- 50 Side Plank Dips (25 each side)



- Stationary Planks – 60 seconds (face down, on forearms, hold solid for 20 seconds, lift one leg for 20 seconds, lift opposite leg for 20 seconds)



- Repeat entire circuit starting with Hamstring Stretch until you cannot complete each exercise in full. Take a minimal rest period between circuits.