

The Abs Have It!

Athletes of all sports—from baseball to football to hockey—base their physical training on improving the strength of their core using compound movements. That's great for pro athletes, but what about people who just want to get a ripped six-pack? Try these exercises in a circuit to keep the intensity high and lead to more fat loss.

Ab Wheel Rollout



Kneel on the floor and hold an ab wheel beneath your shoulders. Brace your abs and roll the wheel forward until you feel you're about to lose tension in your core and your hips might sag. Roll yourself back to start. Do as many reps as you can with perfect form and end the set when you think you might break form.

Arms-High Partial Situp



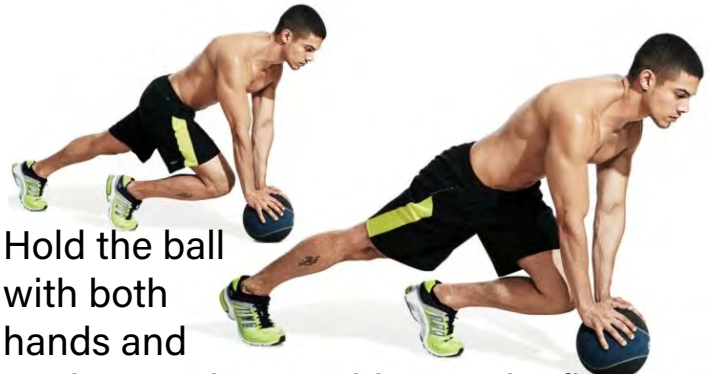
Lie on your back, knees bent at 90 degrees, and raise your arms straight overhead, keeping them pointing up throughout the exercise. Sit up halfway, then steadily return to the floor. That's one rep.

Flutter Kick



Lie on your back with legs straight and arms extend out at your sides. Lift your heels about 6 inches off the floor and rapidly kick your feet up and down in a quick, scissor-like motion.

Medicine Ball Mountain Climber



Hold the ball with both hands and get into pushup position on the floor. Drive one knee up to your chest, then quickly drive it back while you raise the opposite knee.

Side Plank



Lie on your left side resting your left forearm on the floor for support. Raise your hips up so your body forms a straight line and brace your abs—your weight should be on your left forearm and the edge of your left foot. Hold the position with abs braced.