

My 7 Best Exercises for Ripped Abs!

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4x Fittest US Woman



www.pearcepointers.com/powerabs

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My Seven Best Exercises for Ripped Abs!

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1. Hollow Body Hold
2. V-Ups
3. Plank Walkouts
4. Spider-Man Burpees
5. Rotating Side Planks
6. Seated Leg Lifts
7. Side To Side Floor Thrusters

Welcome!

Thank you so much for downloading 'My 7 Best Exercises for Ripped Abs'!

Whether you've never completed an ab circuit in your life, or you're looking to change up your pre-existing fitness routine, these 7 exercises will spice up your core workout and get your abs popping!

When you're ready to add these movements (and so much more) to your regular workout routine, purchase my ***10-Minute PowerAbs Program*** at **www.pearcepointers.com/powerabs** and remember to use my special coupon code **WELCOME25** at checkout!

Are you ready to get started? Let's do this!

Kari

1. Hollow Body Hold



1. Hollow Body Hold

Learn how to properly engage your core. Strengthens all the muscles in the front of your core including your, abs, hip flexors, quads, and more!

1. Lie on the ground, flat on your back with your eyes up to the ceiling.
2. Arms and legs fully extended, with your arms directly by your ears and legs are squeezed together. Your shoulders and legs are lifted off the ground.
3. Abs are squeezing tight and back is flat against the floor.
4. If you can't get your back flat with your legs extended, bend your knees until your back is on the ground.

Hold for 3 sets, building up until you can reach 1:00 for each set.

2. V- Ups



2. V– Ups

V-Ups strengthens your entire core, targeting your rectus abdominus (your 6-pack abs) and strengthens your hip flexors while also working your quadriceps.

1. Start in a hollow body position on the floor, legs are straight, glued together, and arms up by your ears.
2. Bring your legs up, while simultaneously lifting your upper body touching your fingers and toes at the top of the movement.
3. This will form a “V” with your body.
4. After you hit this position, lower your body back to the hollow body.
5. To scale the movement bend your knees which will make it easier.

Do 3 sets of 10 V Ups.

3. Plank Walkouts



3. Plank Walkouts

Plank Walkouts strengthen your abs, shoulders, and quads, while stretching calves. This helps to improve your core stability and isometric strength.

1. Start on the floor on your hands and toes with your core is engaged. Your body should be in a straight line from your shoulders to your heels.
2. While maintaining a tight core, walk your hands out as far as possible.
3. Stop walking your hands out when you lose your tight core or your nose touches the ground. Pause for a second in that final position.
4. Begin to walk your hands back in.
5. Once you get back to the starting position, pause and repeat.

Do 3 sets of 7 walkouts.

4. Spider Man Burpees



4. Spider Man Burpees

Burpees help you burn body fat while working your entire core, chest, shoulders, triceps, hamstring and hip mobility.

1. Start standing tall with your feet together and head neutral. Lower yourself and place your hands on the ground right next to your feet.
2. Jump your feet backward and let yourself fall to the floor so your chest and thighs hit the ground. Hands will be right next to your shoulders.
3. Bring your knee in to your elbow and then return to pushup position.
4. Push yourself up and jump both feet up just behind your hands.
6. Place the weight in your leg, lift your hands up. Stand up and jump with your arms overhead.

Do 4 sets of 15

5. Rotating Side Planks



5. Rotating Side Planks

Rotating Planks strengthen your entire core, helping to shrink your waistline. This one exercise works your core, shoulders, quads, lower back, upper and lower abs.

1. Start on the floor, on your elbows and toes with your shoulders directly over your elbows.
2. Rotate your body to your right hand side while lifting up your right arm and keeping your core nice and tight.
3. Pause once you are completely on your side with your left arm on the ground and right arm directly over you.
4. Rotate to the left, so you come back down to the starting plank position.
5. Repeat while rotating to your left side for 1 rep.

3 sets of :30 each side.

6. Seated Leg Lifts



6. Seated Leg Lifts

Seated leg lifts are a quick and highly effective way to increase your core strength as well as mobility and lower abdominal muscles.

1. Sit on the floor with your legs extended in front of you.
2. Keeping your legs straight, put your hands on the floor, in line with your knees.
3. Engage your core and lift both legs off of the floor.
4. Hold and release. Returning to the starting position.

Do 3 sets of 10.

7. Side to Side Floor Thrusters



7. Side to Side Floor Thrusters

Floor Thrusters elevate your heart rate and helps you burn body fat as they work your abs, hip flexors, quads, chest, shoulders, and triceps.

1. Start on the floor in a push-up position. Your arms will be extended and hands directly underneath your shoulders. Your core will be engaged so there is a straight line from your shoulders to your heels. This is your starting position.
2. From here, you will jump your feet up to your hands on the left and place them on the ground as close to your hands as possible. Your knees will be bent, but your arms will stay extended. Try to get your feet flat on the ground.
3. After your feet have landed on the ground, jump them back and return to the starting position. Repeat for the designated amount of time, alternating sides.
4. If you can't jump your feet all the way up, just jump them as close as possible.

Do 3 sets of :30 on with :30 rest.

ARE YOU READY TO PUT THESE EXERCISES TO WORK?

10 Minutes.

30 Days.

Insane Results!

Check out my PowerAbs Program at
www.pearcepointers.com/powerabs

REAL PEOPLE, REAL RESULTS!

PowerAbs! SUMMER READY ABS



DAY 1

DAY 30

PowerAbs! INSANE RESULTS



DAY 1

DAY 30

REAL PEOPLE, REAL RESULTS!

PowerAbs!

INSANE RESULTS



BEFORE & AFTER

PowerAbs!

ROUND TWO! MAXIMUM RESULTS!



DAY 1

DAY 60

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Kari Pearce and PowerAbs