

POWERABS -

THE BOOK

10 MINUTES A DAY TO THE ABS
YOU'VE ALWAYS WANTED

6X CROSSFIT GAMES ATHLETE

2016, 2018, 2019, & 2020

FITTEST WOMAN IN AMERICA

KARI PEARCE



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†Results vary depending on starting point, goals and effort. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. The testimonials featured may have used more than one PowerAbs product or extended the program to achieve their maximum results.

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10 MINUTES A DAY TO THE ABS YOU'VE ALWAYS WANTED

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For My Parents -

Who put me in gymnastics at a young age
and set me up to create the habits that I have now. <3



**How Would
You Like
Abs Like
This!!!**

Imagine having a 6-Pack 30 days from today.
I'll show you how at www.PearcePointers.com/PowerAbs

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1. Introduction

We've all done it. We've looked at athletes, especially gymnasts and wondered, "how do they have such great abs and how do I get them?" In fact, when people meet me, the number one question I get asked is, "how do I get abs like yours?"

The truth is, I have worked hard for my abs to look the way they do. If you're reading this book, you want great looking abs too.

Everyone Notices Power Abs... In 30 Days, They'll Notice Yours!

In 30 days, if you follow this book,

- you'll get rid of belly fat
- you'll lose inches off your waist
- you'll knock out those stomach rolls
- you'll have more definition
- you'll fit better into your favorite jeans
- you'll lose that muffin top
- you'll look and feel better!

So, I've taken everything I've learned and am teaching you how to get ripped abs like mine. Even if you've never had defined abs before, you can follow this book, (as well as my **PowerAbs** video program), and get the abs you've always wanted.

The foundation of my **PowerAbs** video, and this book are the movements I learned during my gymnastics career and continue to incorporate in my workouts today. This workout is unlike the ones you have been doing in the past and it will change your abs forever. Let's go!

2. GYMNASTICS SHAPED MY ABS

My parents started my sister and me in gymnastics when I was 3, and I stayed in the sport until I was 21, consistently working and honing my skills. I was three-time National Vault Champion and two-time All Around National Champion. I finished my career as a member of the four-time Big Ten championship squad on the University of Michigan Women's varsity gymnastics team. I guess you can say I know a little bit about the gymnastics.

Being a gymnast for 18 years, I have put in hours and hours of core work to build the solid set of abs I have today. At every practice, **no matter what level I was at, we always did 10-15 minutes of core work a day.** This usually consisted of back to back circuits. We mixed in holding certain positions as well as a specific number of repetitions.

All of the core work was tough, but you eventually got used to it (well as used to it as you could) and it paid off in gymnastics skills and strength.

After finishing my gymnastics career, I continued to be involved in the fitness world. Competing in weightlifting, physique, powerlifting, and now CrossFit. No matter what sport I'm doing, having the solid core created from the ab routines I learned in gymnastics has always played to my advantage.

I've had abs for as long as I can remember because of gymnastics. All of the work I did in the gym showed by having a strong solid core. My clothes fit better, and I felt stronger. My goal in this book is to do the same for you.

Today, I continue to work hard to maintain my abs but it's totally worth it. In this book, I'm going to share with you many things I've learned throughout the years from my personal experience to get you the better-looking abs you want.

If you're willing to put in the short time, high-intensity work, you'll have more defined abs before you know it!

3. THE ROLE OF GENETICS IN BUILDING A SIX-PACK

As much as I don't want to admit it, genetics do play a role in your ability to get defined abs. So yes, you can blame (or give credit to) your parents!

People store fat in different places based on their genes.

Certain individuals will hold more fat in front of their abdominals, while others in their legs, or even in their back.

I'm thankful for my parents because my legs carry more fat than anywhere else on my body so that means I have less fat storage on my abs, allowing them to be extremely visible. My mom and sister also store more of their fat in their legs, whereas my dad has more storage in his belly, and my brother, well he just doesn't really have much fat.

No matter what genetics you have, you can't have a high body fat percentage and still have the defined midsection you want.

That brings me into my next topic about the shape of abs, which is also genetic.

Your six-pack may not look exactly like your best friend's or that super fit person that always works out next to you at the gym. The shape of your ab muscles is dictated from your parents. Unfortunately, there aren't certain exercises that will change your six-pack into an eight pack or vice versa. Yeah, I am sorry about that too! But hey, be thankful for what you are given.

For this exact same reason, spot reduction doesn't work!

Doing exercises for certain body parts does not mean that we will lose fat from that area. When I see someone in the gym doing crunches on crunches and they tell me that they want a six-pack, my heart sinks. I used to think it worked like that too but then I learned that was far from the truth! Especially with doing an exercise like crunches.

At the end of the day, if you want a six-pack, you must strengthen your core, develop your ab muscles and get rid of the thick layer of fat that will cover up all of the hard work.

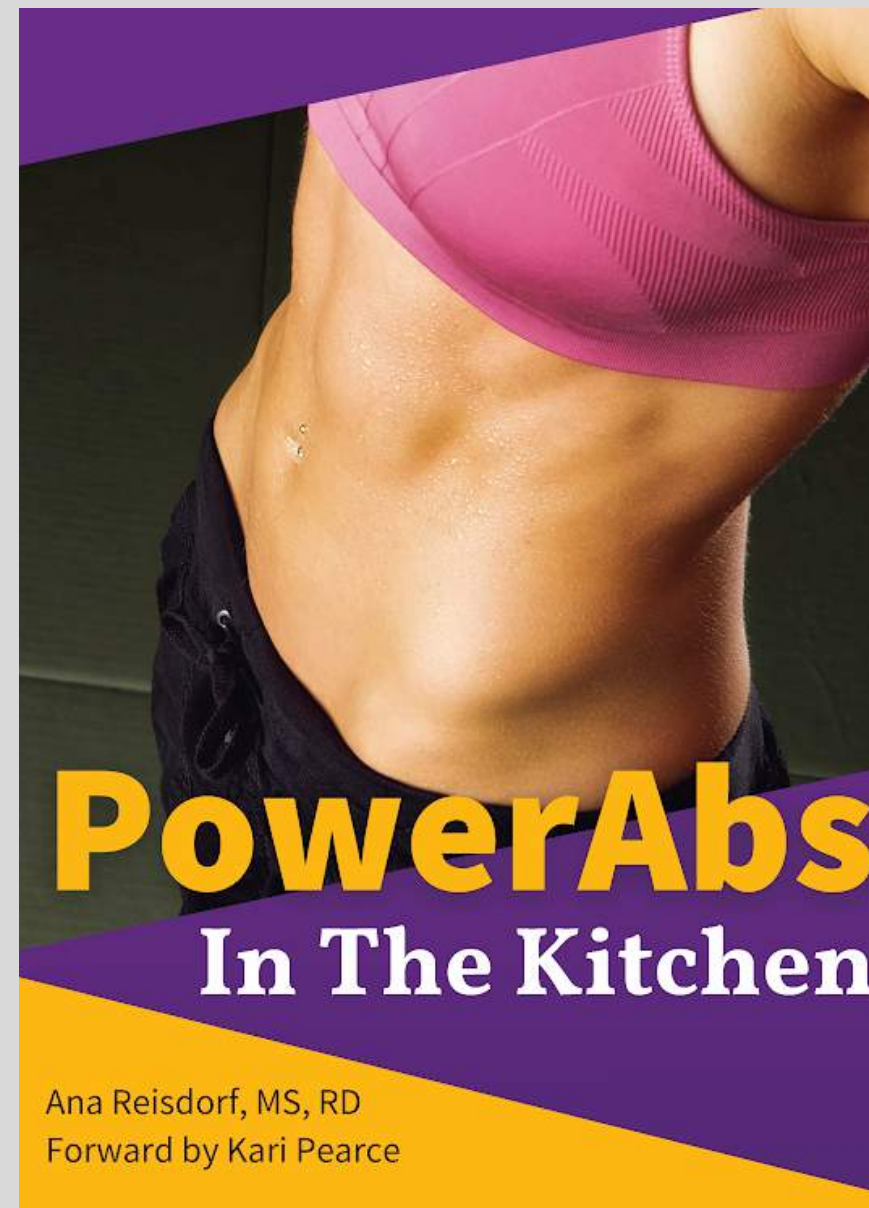
With the right diet and the exercises in this book, you will see a total ab transformation and the six-pack you've been dreaming of.

4. NUTRITION AND AB DEFINITION

When we are talking about ab definition, nutrition plays a big role. Throughout my career, I've always paid attention to my diet and tried to eat well (have to give my parents a lot of credit for that!). However, it wasn't until I competed in a physique competition that I really understood what I should be eating and when. Once I started working with a coach, I realized how important nutrition timing was. I know I am not alone and this is one of the major reasons I decided to work with a registered dietician and create a nutrition book, **PowerAbs in the Kitchen.**

There are so many misconceptions about eating “healthy”. Should we follow a low-fat diet, no carbs, keto, the list goes on and on. People ask me about my diet a lot since I am so lean. I eat a whole food diet, which means staying away from processed foods and consuming a certain amount of carbs, protein, and fat grams which is discussed in **PowerAbs in the Kitchen**. Basically, I am a big advocate of clean eating and knowing the correct nutrient timing. This helps you not only become leaner but helps to fuel your workouts and increase your energy levels.

It is important to fuel your body for your workouts, especially intense ones. Eating the right things at the right times makes a huge difference in your body composition and energy levels. You have to know what to eat and when so that you can get the abs you want and workout at the intensity you need. **PowerAbs in the Kitchen** can help you with this!



It all makes sense when you think about it, but then you have to prepare the food.

When it comes to eating right, I know a lot of people struggle with food preparation and having something that is easy, convenient, and healthy. I've been there, trust me. But when you realize how much of a difference it makes, all of a sudden you are more motivated to spend more time on meal prep. Plus if you block off time in your schedule, you are more likely to do it.

Sundays are a great day to cook and set yourself up for a successful week.

One of the other benefits of **PowerAbs in the Kitchen** is that the recipes are quick and easy to make. Also, you will use the leftovers from some meals for others, which means less time and clean up. Plus the macros are already figured out for you which makes things a lot easier.

Personally, I don't like to eat out often because I prefer to know exactly what is in my food. Preparing it yourself will allow you to put the best ingredients in your meals so it is not only healthier but also tastes better!

HYDRATION

Your body is 60% water for a reason. When trying to become leaner and healthier, hydration is crucial. When you're properly hydrated, you recover faster and have more energy. Many people think they just need water, but replenishing the electrolytes lost in your sweat during exercise is equally as important. This means making sure you get sodium and potassium.

It is recommended that you drink $\frac{2}{3}$ of your bodyweight (pounds) in ounces of water each day.

This means a 150 pound individual should drink 100 ounces.

As I mentioned above, you should also make sure that you are consuming electrolytes either in your food or added to your water to make sure you are absorbing it. If you are adding it to your water, I would look for sugar-free options because liquid calories add up quickly.

I like to start my day with a glass of water because your body gets thirsty after sleeping. It is an easy way to get in water and begin the day the right way.

One last thing. It is also important to drink water because people often confuse it with hunger. They may be thirsty but instead of drinking, they end up eating food, leading to more calories consumed and then weight gain.

So the next time you aren't sure if you are hungry or thirsty, start with a glass of water and see how you feel after that!

SUPPLEMENTS

Personally, I don't use many supplements, outside of what I find in my food and drink. One that I've relied on over the years though is protein powder. Many people struggle to get all of their necessary protein intake in a day. Protein powder is a great way to ensure you are fueling your body with the protein you need. I drink whey protein before, during, and after my training. I consume 18g of protein powder mixed with water and sugars so that I can perform at my best every day.

Since adding this to my diet, I certainly notice that I recover better and have more energy throughout my workouts because I'm replenishing my glycogen levels. Having protein powder and sugar with your training is crucial when you want to build and maintain muscle.

This is also advantageous because more muscle means a high resting metabolic rate so you're burning more calories at rest, which means more weight is lost. Yes, sign me up!

WHAT DO I DO WHEN I EAT TOO MUCH?

We've all done it. We're all human and like to indulge at times and especially on special occasions. It happens. However, one of the worst things you can do is fixate on that slip-up. If you slip-up and eat too much cake or ice cream, just make sure you get right back on track for the next meal. It's that easy!

That leads me to cravings. People often ask me what I do if I'm really craving something. Well, truth is, because of my balanced diet, I don't often have crazy cravings. If I do, then I eat what I want and enjoy it in that moment.

Then go right back to my normal eating routine. One mistake I hear often is craving a certain food and trying to avoid it but eventually caving in. When that happens, you'll probably consume far more calories than you would've if you just indulged in the first place.

So, the moral of the story is, if you are craving something once a week, treat yourself and make sure you really enjoy it. Then you'll be ready to go back to your normal eating after you've treated yourself.

5. TACKLING THE MYTHS

Why Low-Intensity Training Doesn't Work

At the beginning of this book, I told you that I was going to share with you everything I've learned. You're probably noticing that most of it has been learned by living it. I've been there.

There was a point in my fitness career when I only did low-intensity training. I was getting ready for a physique show so I did weight training 6 days a week with the typical bodybuilding split. I repeated my routine then had a day off.

When I began my cutting stage, (getting lean for competition), I started doing long low-intensity cardio like long jogs or elliptical workouts. I noticed I was losing weight but wasn't leaning out much at all. I saw a coach every couple of weeks who noticed that I was smaller though my body fat had only gone down a miniscule amount. When he asked me what I had changed besides my diet, I let him know I was doing some long cardio sessions because I wanted to lean out.

My coach told me to stop doing the long sessions right then and switch to shorter high-intensity intervals.

I would work for a minute and then rest for a minute for multiple rounds. Depending on the day, I would do this with Burpees, Sprints, Bike Sprints, and even the Stairmaster.

After giving that a try and then seeing him again, my body fat had decreased more than when I was doing the low-intensity training. The sessions were hard, but they were paying off! My coach explained that the shorter high-intensity training I would preserve my muscle better and burn more fat than the long low-intensity training.

I had already started to notice the difference in my body!

Once I started the high-intensity training, he added some calories back into my diet because of all the energy I was burning during and after my workouts. I found it fascinating when he told me that your body continues to burn calories up to 24 hours after a high-intensity session. **24 hours of calorie burning!** Another great benefit of the high-intensity cardio was that I felt better aerobically when I go on walks or have to do stairs or chase dogs, you know the normal things in life.

How does this relate to you?

Well if you want to get in workouts faster, be leaner, and eat more to maintain your current weight, do high-intensity workouts, which is what you will find in this book and my PowerAbs video program. If you're looking to lose fat, you're in luck. Low-intensity workouts will not burn the same amount of fat as high-intensity workouts do. Yes, you will get out of breath, your heart rate will reach new levels, and you may be drenched in sweat by the end, but you will love the results.

6. WHY 10 MINUTES A DAY OF HIGH-INTENSITY ABS WORKS

People always ask how long they need to workout to see results. It's not about the length of time but rather the intensity you work out.

When looking to get the abs you've always wanted, it's important that you do core exercises to build the muscles, however, you also need to burn the fat on top. It doesn't matter how good your abs are if they are hidden by a layer of fat, right?

This is why I have designed my workouts the way that I have. My programs are a complete package of high-intensity exercise. You can work your core muscles while burning fat at the same time. It is a 2 for 1 workout! Who doesn't want that?

When you work out with a higher intensity, you burn more calories in a short amount of time. Even better, you will continue to burn calories even after you're done working out. This is not experienced with low-intensity exercise. Not only are you burning calories during these high-intensity workouts, but you're torching fat and preserving your muscle.

This is important because the more muscle you have, the higher your resting metabolism is.

Put into even simpler terms, you will burn more calories throughout the day if you have muscle as compared with fat even if you weigh the same amount.

7. WHY YOU MUST USE VARYING MOVEMENTS TO BUILD POWERABS

There are a lot of different muscles in your core, so it's important to work all of them.

You wouldn't work your arms and just do biceps exercises, you would also include your triceps. The same applies to working your abs. You should work your rectus abdominis, internal and external obliques, and your transversus abdominis (basically all of the muscles that make up your "abs").

The rectus abdominis is the muscle that most people talk about because it is the six-pack muscle. The internal and external obliques make up the sides of your core. Last but not least is the transversus abdominis, which is the deepest of all your core muscles and plays a major role in stabilizing your trunk. Including exercises where you move forward and backward, twisting, and side to side are important so that you are well balanced and work all of the muscles in your midsection. Having a variety of movements in your ab workouts is important, but you should also mix static or “holding” positions with moving exercises.

Getting used to static core exercises is important because these are the stability muscles used to maintain proper posture. By forcing them to work and become stronger, your posture will become better and better.

In addition to holding positions, you must also learn how to move properly. Being able to flex, extend, and twist your spine are all necessary to go through daily life and are added benefits of your ab program. This is especially true when learning how to brace your core and then lift an object so that you don't injure yourself or when you go to do more advanced ab exercises.

The workouts in my program, based on the exercises I did in gymnastics, will work your entire core area as described above. Through a series of blended, continuous contractions, you'll move your body, and especially your abs, in untraditional ways to develop core muscles that are not usually activated. You'll work abs muscles you didn't even know you have.

My program is designed to work your entire core, through every workout. Your abs will be challenged more than ever. This means you'll see real results faster in a variety of ways.

Working your core in so many different ways will lead to better posture, stronger lifting movements, as well as better Pull-Ups, Push Ups, and any other bodyweight movements you enjoy doing!

The variety in these workouts will keep your body guessing so that it doesn't get used to doing the same exercises over and over again. Constantly switching it up will also ensure that you don't hit a plateau.

You'll see through this book and my **PowerAbs** video program, I am constantly changing combinations and working your entire core every day. Properly working and engaging your muscles will result in an overall stronger core and faster results in getting that six-pack.

8. EXERCISES

Let's jump into the proper technique for each of the exercises you will be doing in the program.

JUMPING JACKS

Jumping Jacks are a great warm up to increase your heart rate to burn calories, and fat.

1. Start standing tall with your legs together and arms by your side.
2. Jump your feet apart so they are just outside of hip-width apart, lifting your arms up to the side.
3. When your feet land on the ground, your arms should be over your head.
4. From here, jump your feet back together, returning to the starting position.
5. Repeat the movement.



INCHWORMS

A great bodyweight exercise to warm up your body while strengthening your arms, chest, back, and abs. It also increases your balance and stability.

1. Start standing tall with your legs together and arms by your side.
2. While keeping your legs as straight as possible, bend at the waist and place your hands on the ground in front of your feet.
3. Walk your hands out so that you end in a push-up position. Hold here keeping your core tight with your shoulder above your wrists.
4. Walk your hands back toward your feet and stand back up.

You should feel a stretch in the back of your legs as you move through the movement.



AIR SQUATS

Air Squats, the basic bodyweight squat, targets your thighs, hamstrings, quadriceps, and glutes.

1. Stand tall with feet just wider than shoulder-width apart and slightly turned out, head neutral, and arms by your side.
2. Hinge at your hips to begin the descent, bending your knees as you push your hips back. As you begin to squat down, lift your arms up straight in front of you.
3. Push your knees out to the side and keep your chest up tall as you squat down.
4. Feet will be flat but most of your weight will be in your heels and balls of your feet especially in the bottom of the movement.
5. Squat as low as you can while maintaining perfect posture. Stand up and repeat.



SKATERS

Get that heart rate up as you strengthen your glutes, hips and legs, all while improving your coordination and balance.

1. Start on your right leg in a quarter squat with your left leg crossed behind you but not touching the ground. Your right arm is extended out to the right side and left arm is crossed in front of your body.
2. Jump off of your right leg and land on your left leg in a quarter squat using your arms to help you jump by swinging them to the left as you jump.
3. As you land, bring your right leg behind you but don't let it touch the ground.
4. Repeat the movement going back to your right leg.

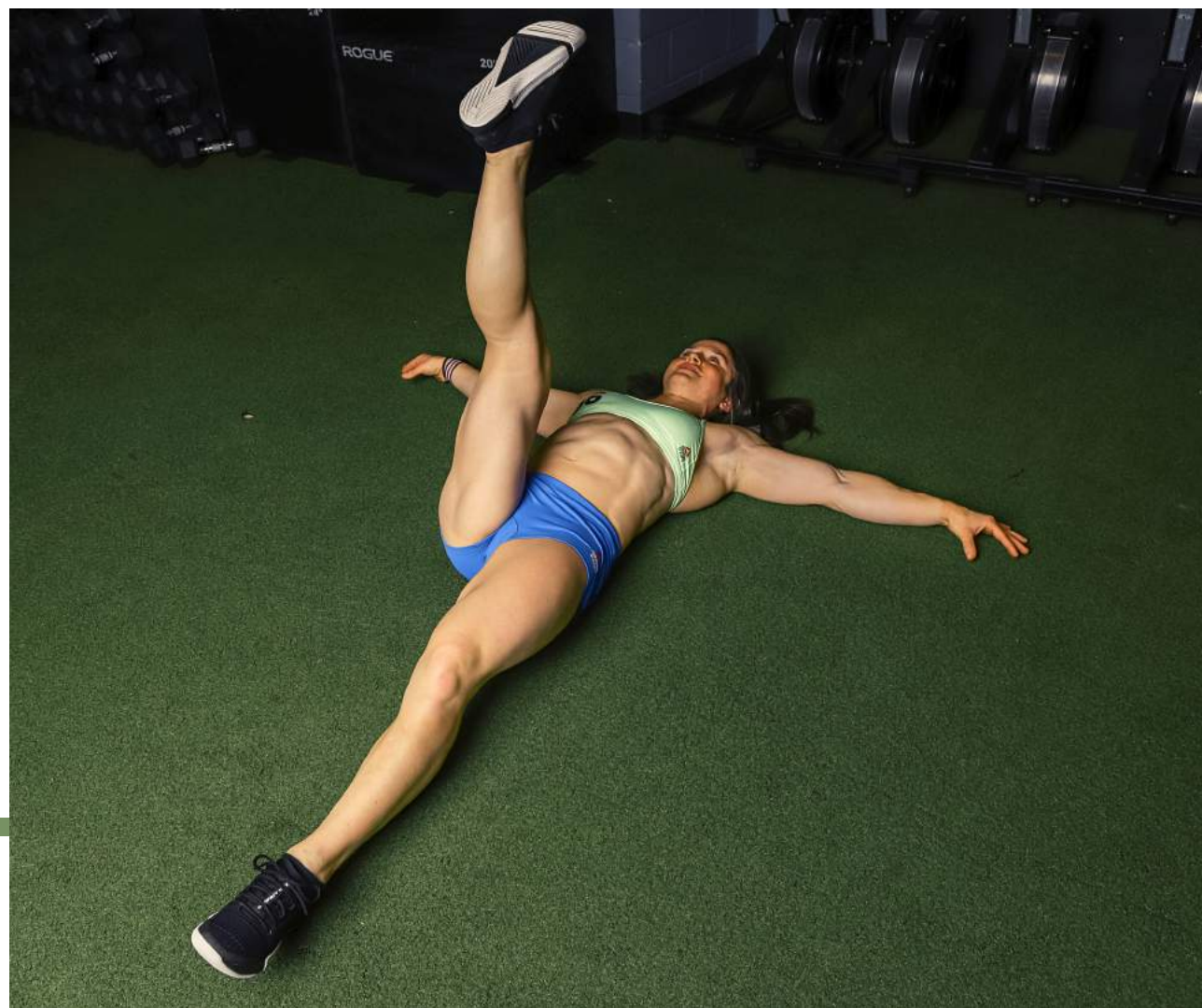
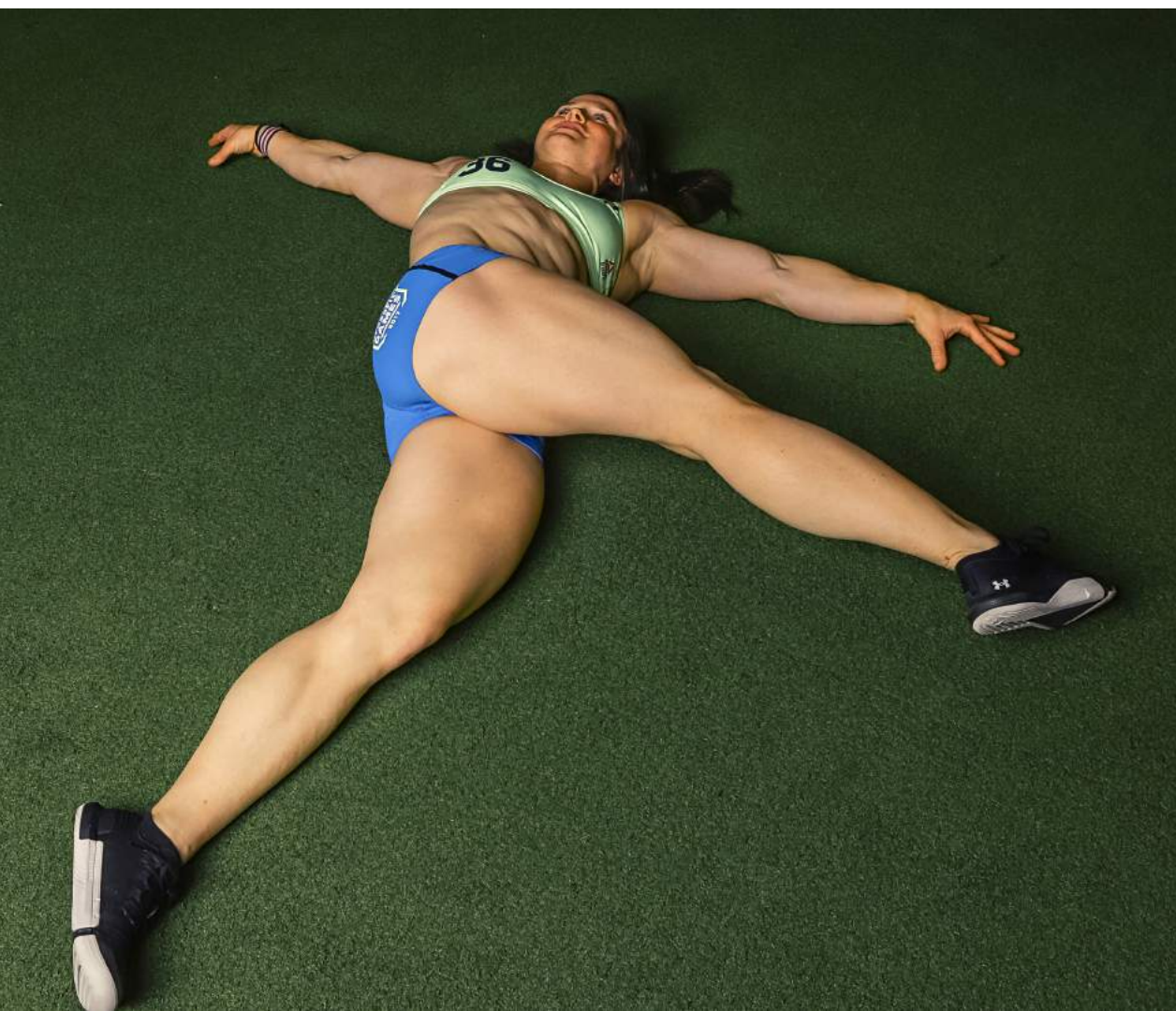
The goal is to be on one leg at a time. If that is too difficult, place your other foot on the ground lightly.



IRONMANS

**This is a great stretch for your hamstrings, lower back, and glutes.
You'll thank me for this one!**

1. Start laying on your back with your arms extended out to the side.
2. Kick your right leg up to the ceiling until you feel a stretch in the back of your thigh. Keep your leg as straight as possible and bring your right foot to the floor on the left side of your body. Your right hip will be off the floor but do your best to keep both arms on the ground.
3. Pause in this position for one second then lift your right leg back up to the middle and down to the floor.
4. Repeat the movement on your left side.



SQUAT JUMPS

Squat Jumps improve lower body strength, and burn calories faster than regular squats as you target your quads, hamstrings, glutes, lower back and ab muscles.

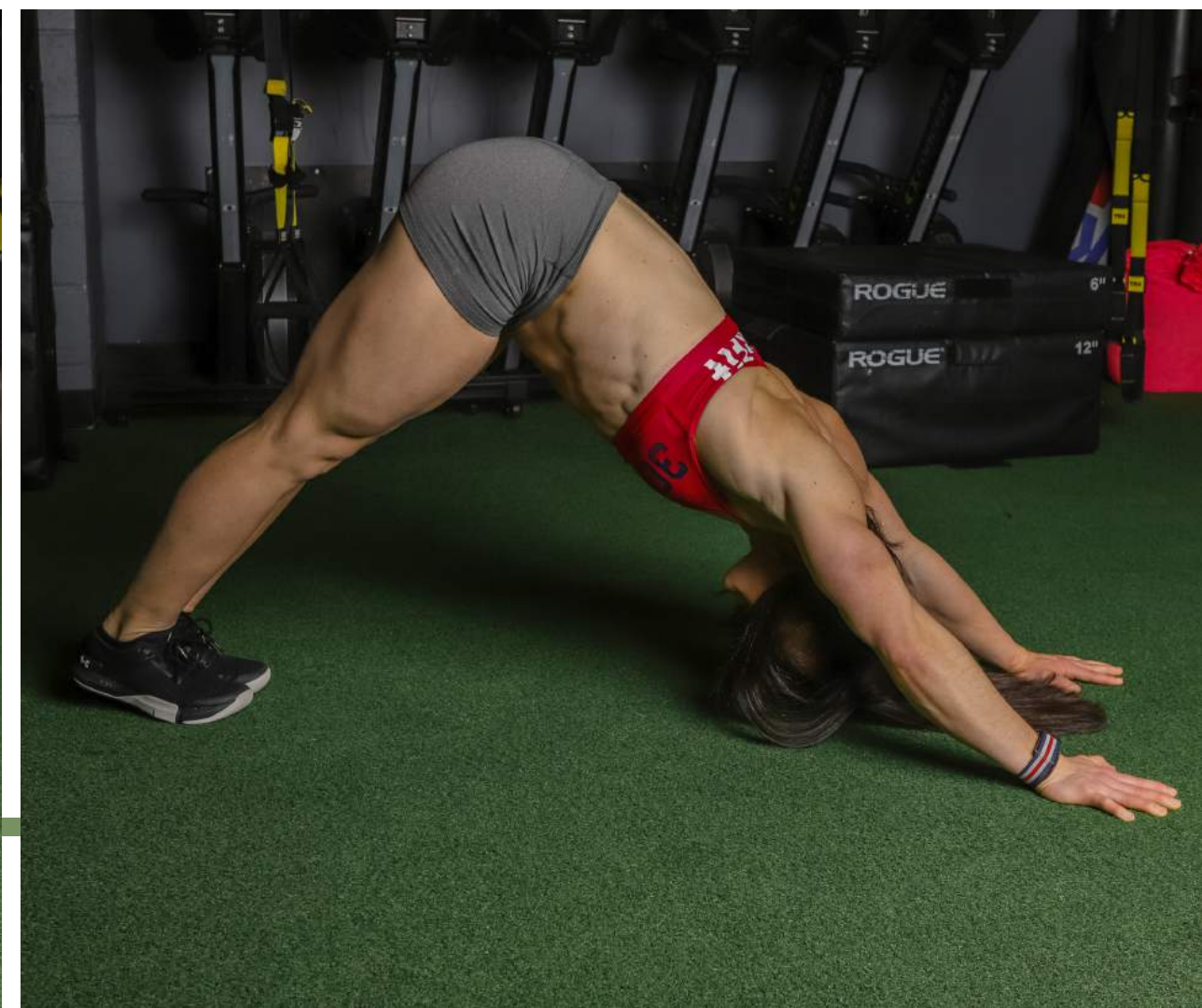
1. Start standing tall with feet just wider than shoulder width apart, slightly turned out, head neutral, and hands behind your head.
2. Hinge at your hips to begin the descent and follow with bending your knees as you push your hips back, keep your chest up tall. Your weight will be in your heels, especially in the bottom of the movement.
3. Once you get to the bottom of the squat, explode up as fast as possible jumping up as high as possible.
4. Bend your knees as you land, as quietly as you can.
5. Go straight into the next rep or pause for a second, reset and do another.



DOWNWARD DOG TO SPIDERMAN

A full body stretch which strengthens your arms, shoulders, and core while lengthening hamstrings and calves. You will feel this stretch all down the back of your legs.

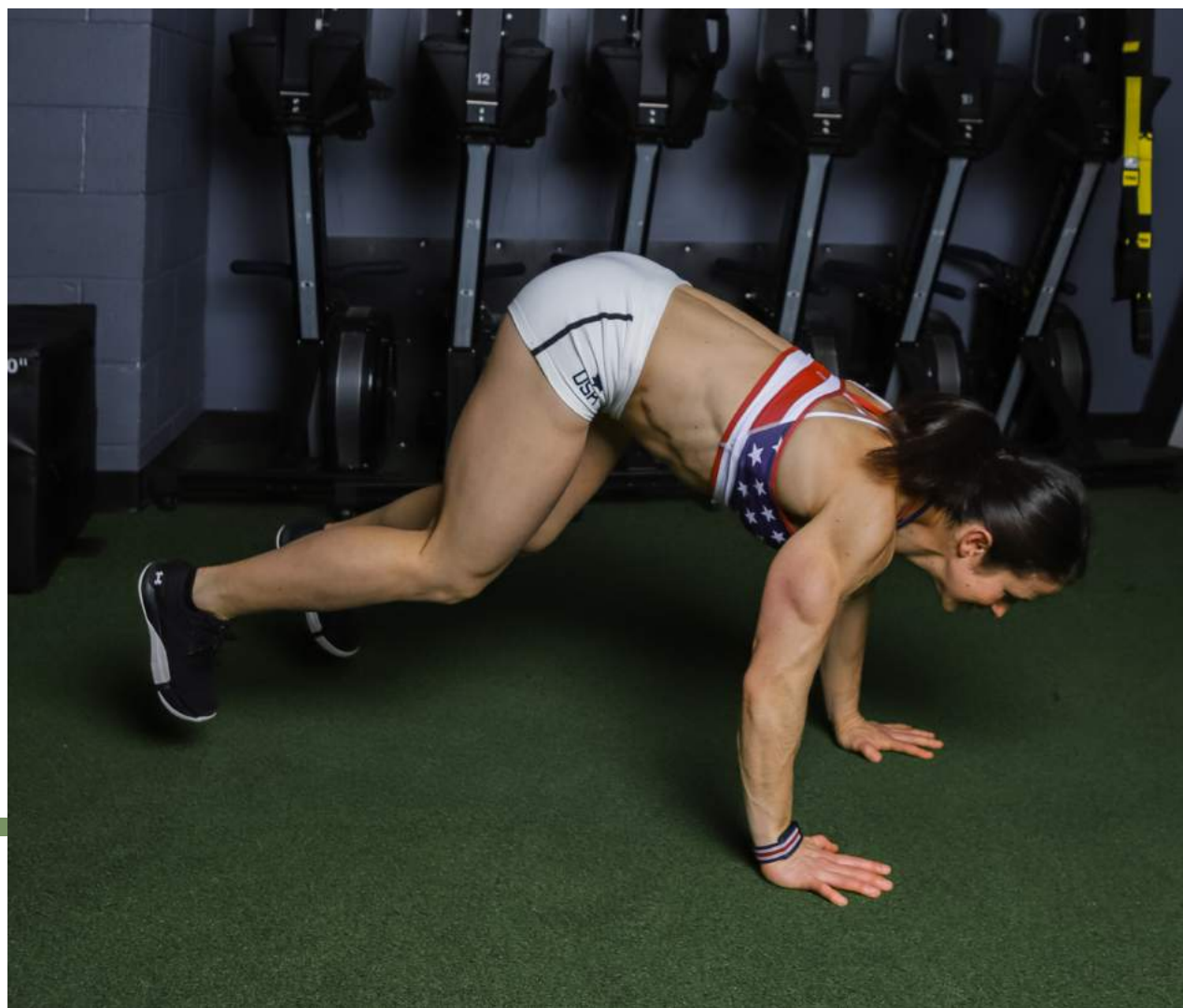
1. Start on the floor on your hands and toes with your head neutral, with your core engaged. Your body should be in a straight line from your shoulders to your heels.
2. From here, push your hips up to the ceiling while keeping your legs nice and straight and pushing your armpits to the floor.
3. While keeping a tight core, return to the push up position.
4. Bring your right foot up and place it on the ground just outside of your right hand.
You should feel a stretch on the inside of your thigh and in your hip.
5. Bring your foot back to the starting position, and repeat on your left side.



BURPEES

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

1. Start standing tall with your feet together and head neutral.
2. Lower yourself and place your hands on the ground right next to your feet.
3. 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.
4. Push yourself up and jump both feet up just behind your hands.
5. Place the weight in your leg, lift your hands up. Stand up and jump with your arms overhead.
6. Variation - Put one foot back at a time, and bring one leg up at a time to scale the movement.



HOLLOW BODY ROCKS

Hollow Body Rocks increase midline stability, while tightening your rectus abdominis, transverse abdominals, and obliques.

1. Lie on the ground, flat on your back with arms and legs fully extended. Eyes up to the ceiling and arms right by your ears.
2. Shoulder and legs are lifted off the ground while back stays on the ground.
3. From here, lift your legs up, while your arms come closer to the ground.
4. Once your feet are about 12 inches off the ground, reverse direction and lift your arms up while your feet come closer to the ground. It should be a nice smooth rock.
5. If it is too difficult with your legs straight, bend them to get down the movement and work toward straightening them out.



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.



SUPERMAN'S

Strengthen your lower back, glutes, and hamstrings with Superman's. Practice this exercise to prevent back pain, and improve your posture.

1. Lie on your stomach on the floor.
2. Arms are straight up by your ears and legs squeezed together.
3. Lift your arms and legs in the air.
4. Head remains neutral.
5. Make sure your arms stay straight and next to your ears.
6. You should be lifting your arms and legs as high as you can.
7. Hold this position for the designated amount of time.



SUPERMAN ROCKS

A progression of Superman's to strengthen your lower back, glutes, and hamstrings while working on shoulder mobility.

1. Start on the ground, flat on your stomach, lifting your arms and legs in the air.
2. Face down, head neutral.
3. Arms extended over your head, nice and close to your ears.
4. Your core should be nice and tight.
5. Your legs should be nice and straight and glued together.
6. Rock back and forth. Think of lifting your arms as you lower your legs and vice versa. This will give you the rocking motion you want.
7. The tighter you are during this movement, the more efficient you will be.



CANDLESTICK ROLLS TO A JUMP

Candlestick Rolls to a Jump strengthens your abs, quads, and glutes. This body weight exercise Improves body awareness and works your ankle and hip mobility.

1. Start standing tall with your feet together, arms up by your ears. Slowly lower yourself into the squat position. Get your butt as close to your heels as you can.
2. Roll down to your back slowly. As you roll onto your shoulders, extend your legs so your feet are directly up to the ceiling. Keep your legs together.
3. As you extend your legs up, keep your arms straight over your head. This creates the candlestick position.
4. Bring yourself back up by rolling forward. Bring your heels to your butt as quickly as possible.
5. Stand up and jump explosively into the air. Once you land, repeat the movement.

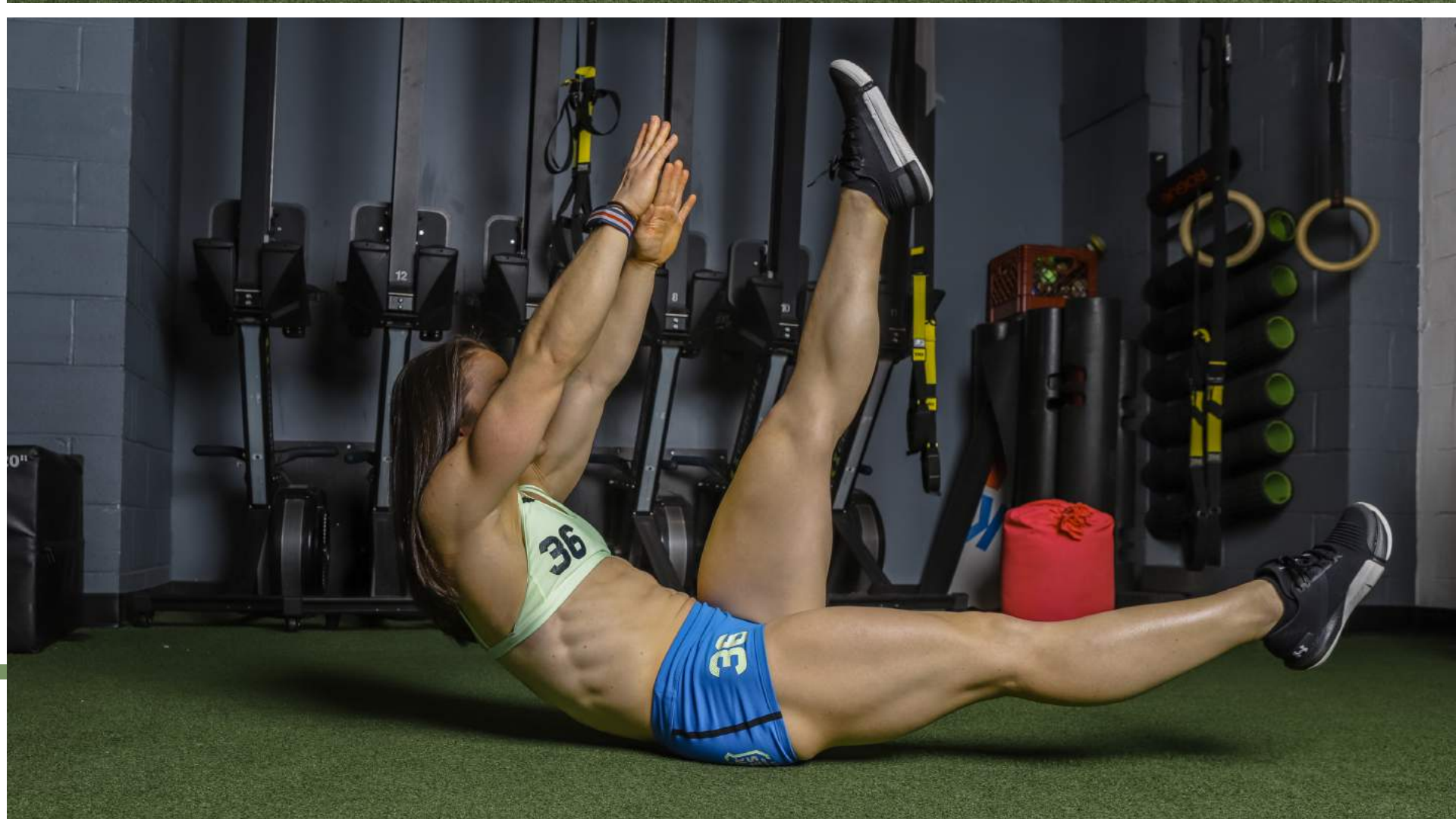
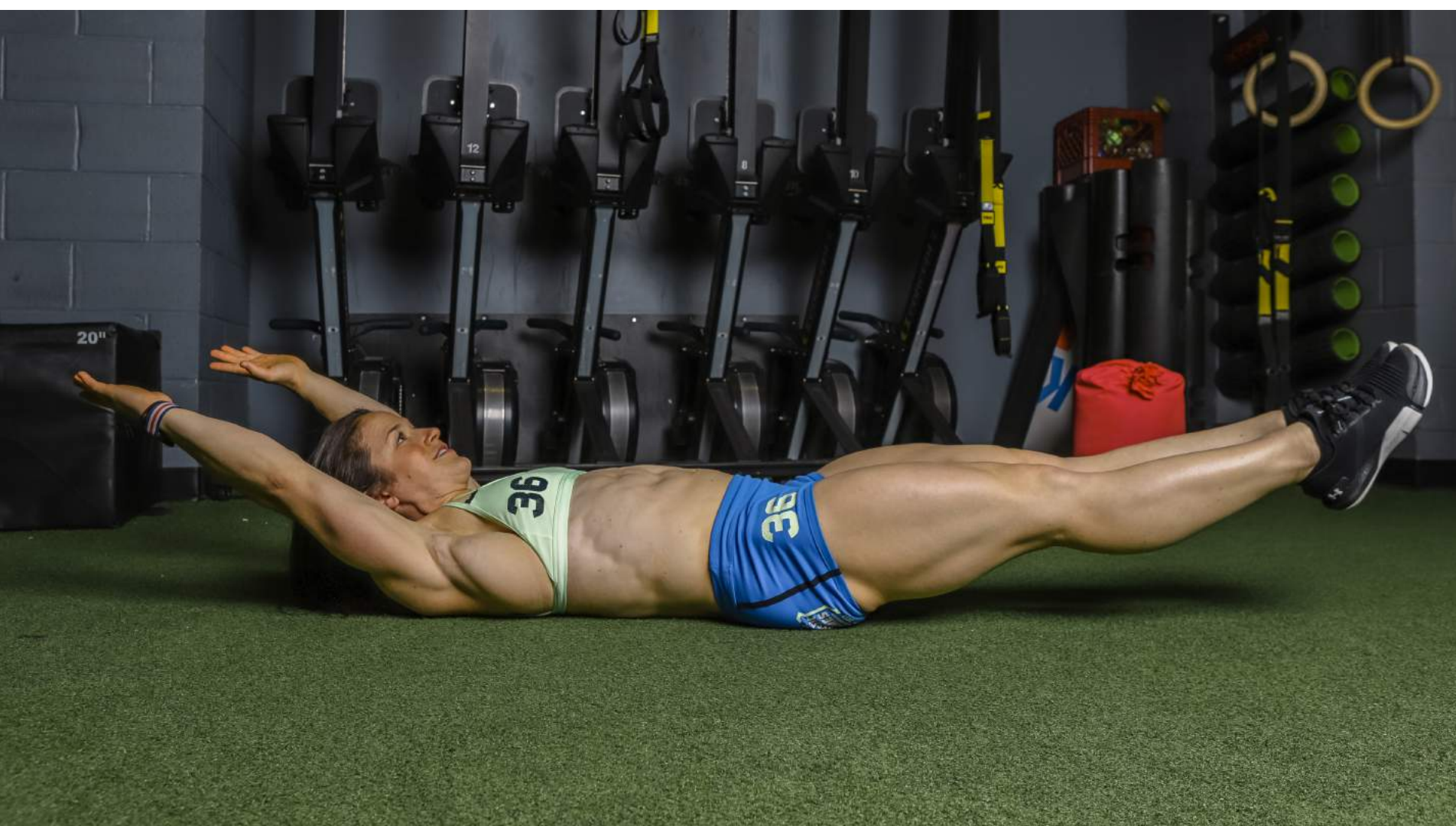


ALTERNATING V-UP

Strengthen your entire core, including your upper and lower abdominals, and quadriceps while working hamstring mobility.

1. Start on the floor in the Hollow Body Position.
2. Lift your upper body off the ground as you lift one leg up, touching your toe at the top of the movement.
3. Alternate legs as you repeat the movement.
4. You will stay in the hollow body position the whole time. Your feet should never touch the floor.

Try to keep your legs as straight as possible but you can bend them to scale the movement.



HANGING L-SIT

The Hanging L-Sit strengthens your abs, lats, shoulders, quads, and hip flexors while increasing hamstring mobility and midline stability.

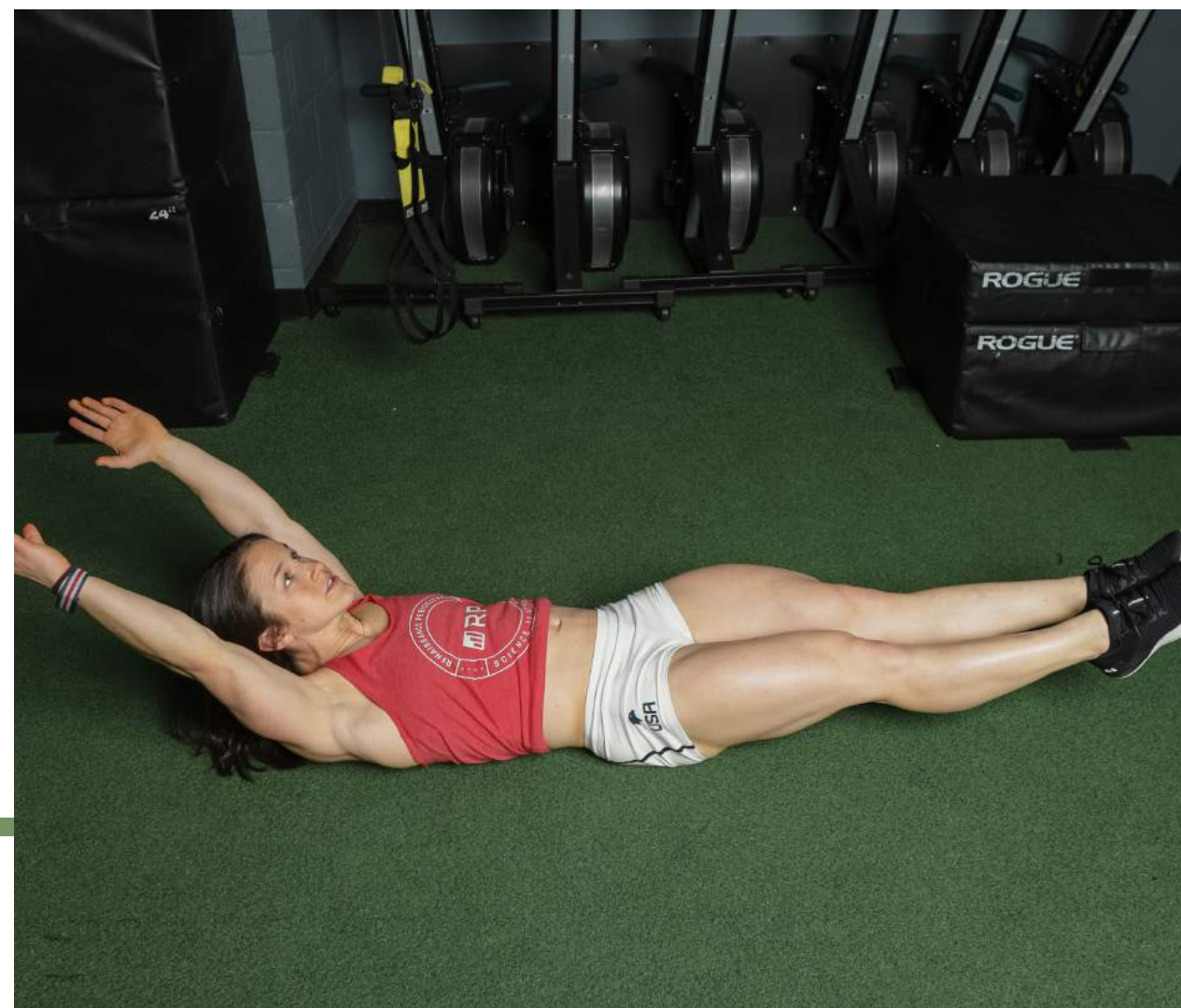
1. Jump up to the bar, keep your shoulders down and back, so they are engaged with your head in neutral.
2. Bring your legs up to 90 degrees. Your legs should be glued together and nice and straight.
3. Be careful not to lean back with your shoulders. They are active but not pulling you back.
4. If you find it to difficult to keep your legs straight, it is alright to bend them. Just make sure your thighs are at 90 degrees.



V-UPS

V-Ups strengthens your entire core, targeting your rectus abdominus 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.



Variation - Tuck Up

ROTATING 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.
6. If you can't work from your toes, bend your knees so they are on the ground and do the same movement from this position.



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 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.



MOUNTAIN CLIMBERS

Mountain Climbers elevate your heart rate and helps you burn body fat as they work your abs, hip flexors, quads, and shoulders.

1. Start on the floor on your hands and toes with your head neutral. Core engaged and your body in a straight line from your shoulders to your heels.
2. While maintaining a tight core, bring your right knee into your chest.
3. Kick your right leg back while you lift your left leg up.
4. You will land on the toes of your right leg as it's extended while you bring your left knee into your chest.
5. Kick your left leg back as you lift your right leg up.
6. Land on your left toes as you extend your leg and bring your right knee to your chest. Repeat the movement.



FLOOR THRUSTER + PUSH UP

Floor Thruster + Push Up elevates 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 on your hands and toes, head neutral. Core is engaged and your body should be in a straight line from your shoulders to your heels.
2. While maintaining a tight core, jump both feet up to your hands at the same time. Your knees will be bent and your arms will remain straight.
3. Jump both feet back together to land in the starting position.
4. While maintaining a tight core, bend your arms and lower yourself until your chest hits the ground.
5. From here, press yourself up until your arms are extended.

If you can't go all the way to the floor for your push-up, just go as low as you can.



WINDSHIELD WIPER

Windshield Wipers strengthen your abs and obliques, while working your hamstrings and lower back mobility.

1. Lie on the ground flat on your back with your arms extended straight out to the side. Legs should be straight up in the air. Core is engaged so your back is flat on the ground.
2. Slowly lower your legs to the left until they are 6 inches off the ground.
3. Pause and then lift them back up until they are in the starting position.
4. Repeat the movement on your right side.
5. If you cannot keep your legs straight, bend your knees to make it easier.



STRICT TOES TO BAR

Strict Toes To Bar is a great midline challenge to increase core strength. It strengthens your abs, hip flexors, shoulders, lats, and grip.

1. Jump up to the bar, head neutral, with your thumb wrapped around the bar. Hands slightly wider than shoulder width apart. You are starting in a Dead Hang Position then using your core to lift your toes to the bar.
2. While maintaining straight legs, hinge at your hips and lift your toes all the way up without using a swing or momentum.
3. Both feet make contact with the bar at the same time, then slowly lower your legs back to the starting position. It is important to control the way up and down so that you don't cheat.
4. If you cannot lift your leg all the way up, lift them as high as possible.



HANGING WINDSHIELD WIPERS

Hanging Windshield Wipers strengthen your grip, abs, obliques, hip flexors, shoulders, and lats while working your lower back and hamstring mobility.

1. Jump up to the bar, head neutral, with your thumb wrapped around the bar. Hands slightly wider than shoulder width apart. With straight legs, use your core to lift your legs up until your toes are 2 inches away from the bar. This is your starting position.
 2. While keeping your legs glued together, begin to lower them to the left side. Once your legs are parallel to the floor, pause the movement and reverse the direction so your legs head back toward the bar.
 3. Once you get back to the top, repeat the movement on your right side.
- If you can't keep your legs straight, bend them for a scaled version of this exercise.



REACH THRU

This exercise is all abs as it strengthens and stretches your abs and obliques.

1. Lie on the ground flat on your back with your arms extended towards your feet, legs bent.
2. Lift your shoulders off of the ground and begin to crunch to the left reaching your fingertips to your left foot.
3. Slowly return to the starting position and repeat on the other side

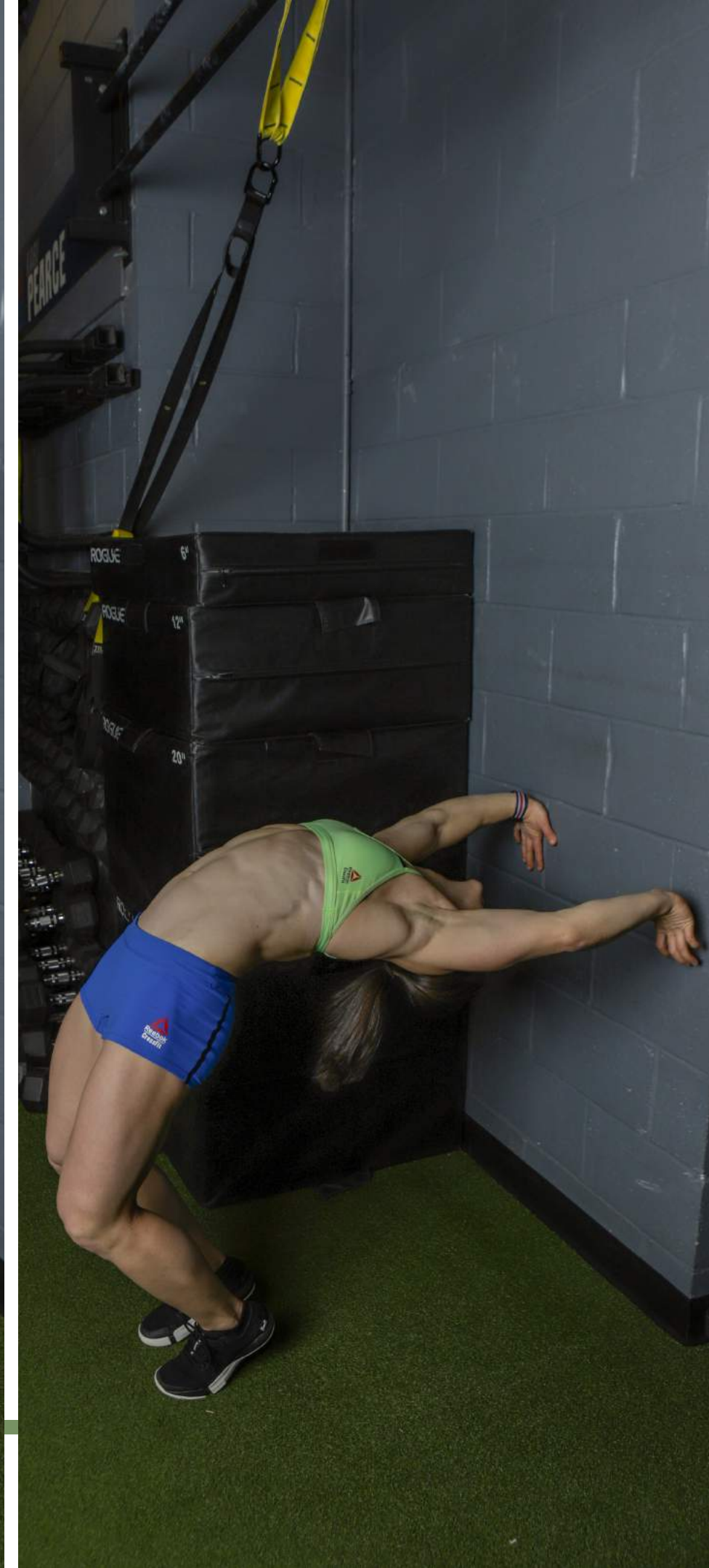


BRIDGE WALL WALK

Bridge Wall Walks are a great movement to stretch out those abs, lower back, shoulders, and hip flexors which can get tight from working so hard.

1. Stand with your back to the wall, with your arms straight up next to your ears.
2. Arch backward until your hands touch the wall. Make sure you are looking behind you so you can see where your hands are going.
3. Once your hands are on the wall, walk them down until you feel a stretch in your abs or shoulders. Pause there for the designated amount of time.
4. Walk your hands back up the wall and push yourself back into the starting position.

The goal is to get your hands all the way to the floor into the Bridge Position.



SEAL STRETCH

Stretch your lower back, hips, and abdominals with the Seal Stretch.

1. Lie on your stomach on the floor. Place hands right next to your chest as if you were going to do a push up.
2. While keeping your legs on the ground, press your chest up until your arms are fully extended. This will create a big arch in your back.
3. You should feel a stretch in you abs and hip flexors.
4. If you can't extend your arms all the way, just go as far as you can tolerate.
5. Hold the stretch for the designated amount of time.



SIDE SEAL STRETCH

Stretch out your muscles and increase oblique mobility

1. Lie on your stomach on the floor with your hands next to your chest as if you were going to do a push-up.
2. While keeping your legs on the ground, press your chest up until your arms are fully extended.
3. From here, rotate your body to the right so that you are on your left side.
4. Your left arm will be fully supporting you. Your right leg will be stacked on your left leg. You should feel a deep stretch on your left side especially in your oblique. Repeat on the other side.
5. If the stretch is too intense, bend your arm or prop yourself on your elbow.



ADDITIONAL BONUS EXERCISES

V-Ups are one of my favorite core exercises to do. I see many people with great abs do them because they know how beneficial they can be.

Have you ever thought about doing Side V-Ups or even Straddle V-Ups? These are both movements we did in gymnastics but I don't see them being done much anymore. This is unfortunate because they both offer great benefits.

Side V-Ups work your oblique muscles and your hamstring mobility. They also require a good deal of balance so you don't fall over.

Straddle V-Ups are a good choice because they are similar to the traditional movement but instead of keeping your legs together, you move them apart so you can reach through your legs at the top.

These exercises require a lot of core strength along with hamstring and adductor mobility.

SIDE V-UP

1. Lay on your back on the floor, then roll slightly to your right side with your right arm extend out diagonally in front of you.
2. From here, use your core to lift up your legs and upper body up at the same time while remaining partially on your side with your right arm on the floor for balance.
3. Your left hand will touch your toes at the top of the movement.
4. Return to the starting position in a controlled manner.
5. Flip over and repeat on the other side.



STRADDLE V-UP

1. Start in a Hollow Body Position on the floor.
2. Bring your legs up and out to the sides, while simultaneously lifting your upper body touching your fingers to the floor in front of you.
3. You should be in a straddle position with your torso at a 45 degree angle from the floor.
4. After you touch the floor, lower your body back to the Hollow Body Position.
5. To scale the movement, bend your knees or do not spread your legs as wide.



NO EQUIPMENT, NO EXCUSES!

The beauty of these high intensity workouts is that you can do them anywhere because you don't need any equipment so there are no excuses.

Most of the exercises in this book are effective workouts that you can do when you are traveling or just short on time. They are all 10 minutes or less but will keep you moving and get that heart rate up!

During my later elementary school years and early middle school, I would exercise in my bed every night. This would include at least 50 Push Ups and 50 V-Ups. Some nights, I would do more and others I would throw in Hollow Body Holds or Superman Holds.

Most of my teammates would complain about doing these exercises at practice but I always enjoyed them. Our coach said they would help our gymnastics so I figured the more I could do, the better!

It didn't take much time and helped me to create a routine that certainly paid off.

My point here is that people get fixated on the big things and the all or nothing approach. Sometimes you just need to do the little things consistently. These will add up can be what separates the good from the best.

9. DAILY WORKOUTS OR WODS

Each of the workouts will have a **Level 1** and **Level 2** option.

Level 1 is recommended for people that do not have much experience with core exercises.

It is important that a sufficient base is built before trying the more advanced moves for longer durations.

Level 2 is recommended for those who have been doing some sort of ab work in their normal workout routines and are looking to take it to the next level.

Before getting started on Level 2, you should be confident in your abilities to perform all of the exercises correctly from Level 1.

If you can do some movements for Level 2 but not all of them, it is alright to mix and match but stick to the Level 1 times if they are different.

WARM UPS

It is important to warm up before you workout so that you get your blood flowing and muscles warmed up. This will ensure you have the best workout possible and reduce the risk of injury. I also find that a good warm up gets me mentally prepared for what I am about to do. It is a good feeling of easing into a workout instead of just being slapped in the face when you start.

In your warm up, try to include a movement that is going to get your heart rate elevated which can be Jumping Jacks, light Jogging or Cycling, you get the idea. Then also include some dynamic stretches. This means you are working the range of motion of your joints and getting a stretch in the muscle, but not holding it for extended periods of time, which is known as static stretching. The combination of these two components will allow you to get your body and mind ready for the workout you are about to do.

I understand many people are short on time and it is easy to cut out the warm up or cool down. However, try to make it a priority to do both even if it's a little shorter than you originally intended.

As I mentioned before, you will have a better workout if you warm up and reduce the risk of hurting yourself! I would say it's worth a few extra minutes.

Warm Up 1

2 Rounds

50 Jumping Jacks

10 Inchworms

10 Scorpions

10 Air Squats

Warm Up 2

30 Skaters

10 Ironmans

10 Squat Jumps

10 Downward Dog to Spiderman



WORKOUT ONE

AS MANY ROUNDS AS POSSIBLE IN 10 MINUTES

Level 1

8 Burpees

10 Tuck-Ups

12 Rotating Planks

14 Supermans

Level 2

8 Burpees

10 V-Ups

12 Rotating Planks

14 Supermans

WORKOUT TWO

Level 1

5 Rounds

10 Candlestick Rolls to a Sit Up

:20 Bent Knee Hollow Body Hold

10 Plank Walkouts (from knees)

Level 2

6 Rounds

10 Candlestick Rolls to a Jump

:30 Hollow Body Hold

10 Plank Walkouts

WORKOUT THREE

4 ROUNDS

Level 1

:30 work/ :20 rest

Mountain Climbers

Tuck-Ups

Superman Lifts

Level 2

:40 work/ :10 rest

Mountain Climbers

V-Ups

Superman Rocks

WORKOUT FOUR

AS MANY ROUNDS AS POSSIBLE IN 10 MINUTES

Level 1

10 Hollow Rocks

8 Burpees

Level 2

15 Hollow Rocks

12 Burpees

REST :20 BETWEEN SETS

WORKOUT FIVE

LEVEL 1 - AS MANY ROUNDS AS POSSIBLE IN 4 MINUTES OF FIRST 3 MOVEMENTS. REST ONE MINUTE THEN COMPLETE AS MANY ROUNDS AS POSSIBLE IN 4 MINUTES OF SECOND 3 MOVEMENTS.

30 Mountain Climbers

10 Reach Thrus each side

10 Superman's

15 Floor Thruster + Bent Knee Push-Up

10 Seated Single Leg Lifts

5 Bent Knee Windshield Wipers each side

LEVEL 2- AS MANY ROUNDS AS POSSIBLE IN 5 MINUTES OF FIRST 3 MOVEMENTS. THEN RIGHT AWAY MOVE TO THE SECOND 3 MOVEMENTS AND DO AS MANY ROUNDS AS POSSIBLE IN 5 MINUTES.

30 Mountain Climbers

10 Reach Thrus each side

10 Superman's

15 Floor Thruster + Push-Up

10 Seated Leg Lifts

5 Windshield Wipers each side

WORKOUT SIX

2 ROUNDS -
ONE UPPERCASE
ONE LOWERCASE

Level 1 - Single Leg

Laying Alphabet Leg Raises

Repeat on the other side.

Level 2 - Both Legs

Laying Alphabet Leg Raises

This is exactly what you think it is!

Spell out the alphabet with your legs. Try to do upper and lowercase letters.

WORKOUT SEVEN

COMPLETE 8 ROUNDS OF EACH MOVEMENT

THIS WILL TOTAL 8 MINUTES

Level 1

:15 work/:15 rest

Alternating Tuck-Ups

Rotating Planks

Level 2

:20 work/:10 rest

Alternating V-Ups

Rotating Planks

WORKOUTS WITH A PULL UP BAR

WORKOUT EIGHT

Level 1

Hold a Hanging Tuck-Sit for a total of 2:00.

Do 10 Superman Rocks each time you break.

Level 2

Hold a Hanging L-Sit for a total of 3:00.

Do 15 Superman Rocks each time you break.

Floor Variation:

Level 1 - Replace hanging movement with Tuck Hold

Level 2 - Perform L-Sit on the floor

WORKOUTS WITH A PULL UP BAR

WORKOUT NINE

Level 1

4 Rounds

8 Hanging half leg raises

8 Hanging Bent Leg Windshield Wipers

(4 each side)

:20 Superman Hold

Level 2

4 Rounds

10 Strict Toes to Bar

10 Hanging Windshield Wipers

(5 each side)

:30 Superman Hold

Floor Variation :

Level 1 - Replace half leg raises with Seated Leg Lifts, perform windshield wipers on the floor

Level 2 - Replace Toes To Bar with V Ups, Perform Windshield Wipers on the floor

CHALLENGE!

WORKOUT TEN

One defining moment that I remember in my gymnastics career was during a Hollow Body Hold contest that was held at my gym. I was eight years old and very competitive, as I still am today. I held the Hollow Body Position for five minutes and won the competition. For most people, even making it to one minute is a challenge but I was on a mission! Could I do that today? Not sure, but it is certainly something I am proud of.

GIVE IT A TRY! HOW LONG CAN YOU HOLD A HOLLOW BODY FOR?

OUTDOOR WORKOUTS WITH FRIENDS

There doesn't always have to be an exact structure to your workouts. Sometimes in gymnastics, we would just go around in a circle and everyone would choose an exercise. We would do that for :30-:45 each and then move to the next person. You can do this with friends. If you're outside and have some space, add a 100'-200' shuttle run between exercises. This will allow you and your friends to have some fun in the sun while giving each other a good workout. Let me know if you come up with a favorite workout!

COOL DOWN

A proper cool down is important because it will bring your body temperature back down and allow you to recover faster. Plus it is a good time to work on your mobility because your muscles are already warmed up. When doing an ab burning workout, I like to end the session with a couple stretches that help me feel like I've ended the right way.

Bridges are a staple stretch for gymnasts. It requires a lot of flexibility but if you can do it, it's a great way to stretch out your core muscles. Not only is it great for your abs, but it also forces you to work on shoulder and hip flexor mobility, which a lot of people lack. If you can't do a Freestanding Bridge, a Bridge Wall Walk is another great option. In addition to this, I like the Seal Stretch and Side Seal Stretch.

Do 2-3 rounds each of these movements for :30 after your workout to finish off the right way!

Cool Down - 2 to 3 Rounds

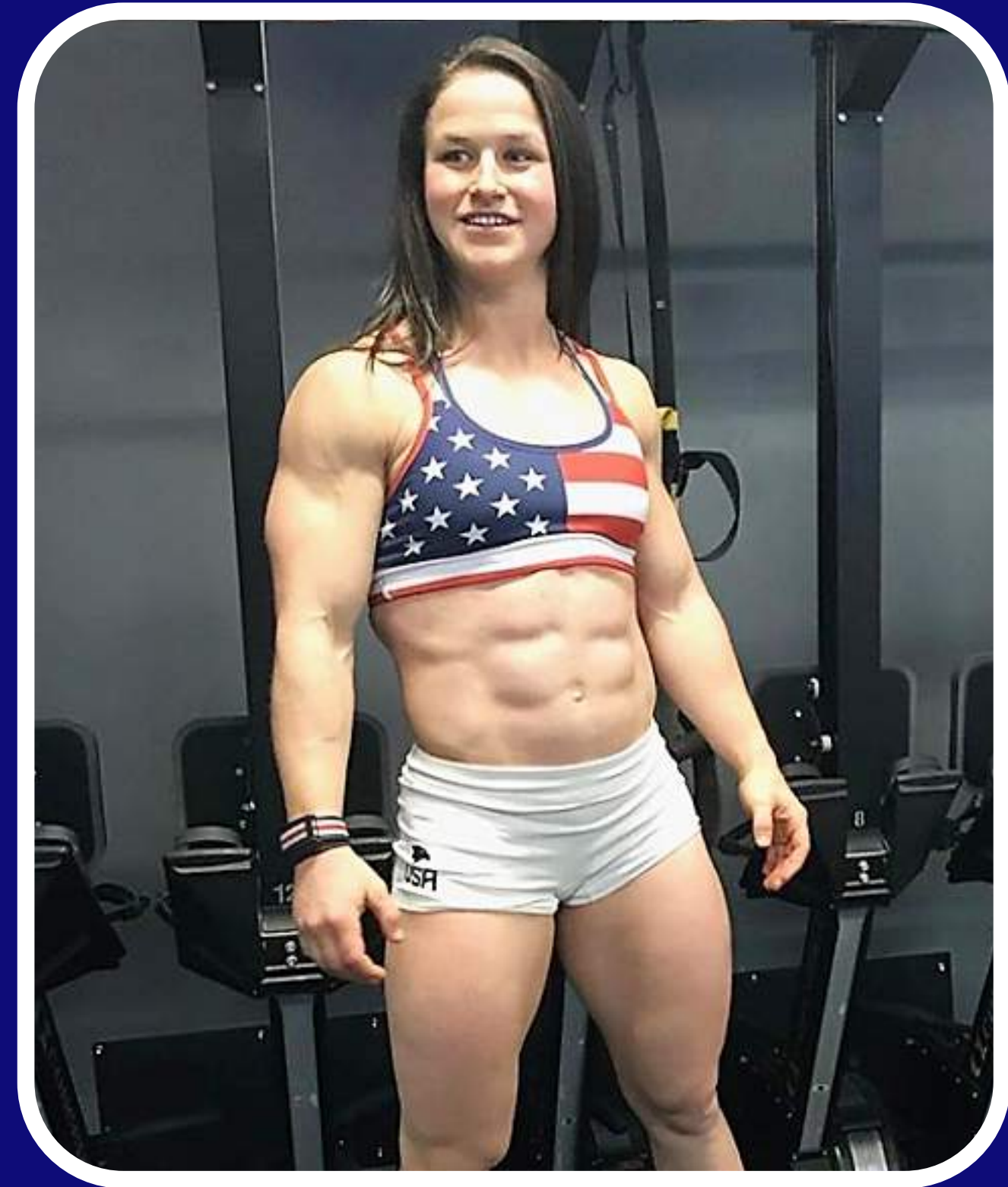
Bridges or

Bridge Wall Walk

and

Seal Stretch

Side Seal Stretch



10. WRAP UP AND MORE TIPS

When doing these workouts, hit them with high intensity. You and your abs will thank me in the long run because you'll have better results and more free time.

Yes, I know high intensity exercise is hard and will leave you out of breath, but that is why it works so well! Concentrate on your workout and you will see better results in half the time, If you want the best looking abs of your life, make sure you are doing the right exercises and eating correctly. These two things together will give you the results you want!

It is important to mention that you must be patient. Just like with anything else in life, you won't see results overnight. Just stay on track for a couple weeks and you will begin to see changes. This will be just the extra motivation you need to stick with your routine and become a better, healthier version of yourself. Just commit around 10 minutes a day, 5 days a week to yourself. Hard work and consistency always pays off!

My program is constantly evolving and continuing. This book and my abs video course are one of the larger pieces, but there are more challenges to be done! Watch my Instagram for new exercises and challenges and join my **PowerAbs Facebook Group** for exclusive tips, workouts, and more!

PowerAbs! SUMMER READY ABS



DAY 1

DAY 30

"30 days! I can't believe it! I've never seen such quick results in anything I've ever done! Thank you so much!"



Sam C. - Edison, NJ

PowerAbs!

ROUND TWO! MAXIMUM RESULTS!



DAY 1

DAY 60

"This program has helped so much form the abs I've never had. You've probably seen me share the program, talk about it, or show videos of some of the moves...it's the real deal! All it takes is 10 minutes, TEN MINUTES, of your day 5 days a week..."

Rachel B. - Jeromesville, OH

PowerAbs!

INSANE RESULTS!!



DAY 1

DAY 30

"... I was never able to achieve a true six pack which I have always wanted. I came into the program a little skeptical wondering if 10 minutes a day was enough to get abs and I must say, it works better than I could have ever imagined. I am feeling better mentally and physically every day and I am so happy with the way I look."

Christine G. - Kings Park, NY



How Would You Like Abs Like This!!!

PowerAbs is designed to work your entire core every workout.

Each 10-minute workout is designed to trim your waist, eliminate that muffin top, and sculpt definition with no equipment needed.

In 30 days, you'll build your ab muscles and burn fat to show off sculpted muscles you didn't even know existed.

[Click Here To Learn More!](#)

[GO TO WWW.PEARCEPOINTERS.COM/POWERABS](http://WWW.PEARCEPOINTERS.COM/POWERABS)



Tighten, Firm, and Lift Your Glutes...In Only 30 Days!

PowerGlutes will help you build muscle, burn fat, lose inches, and get tighter, firmer, lifted glutes.

You'll work glute muscles you didn't even know you have (trust me...you'll be sore!)

Best of all, you'll see results in less than 30 days!

[Click Here To Learn More!](#)

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The Best Meal Plan For 6-Pack Abs...

PowerAbs In The Kitchen was written to help you reach your fitness goals faster, and lose weight while becoming healthier.

PowerAbs In The Kitchen contains over 75 healthy, simple-to-follow, easy to make, delicious recipes to help you see the most dramatic results you possibly can while you're doing the PowerAbs programs.

[Click Here To Learn More!](#)



PowerAbs **In The Kitchen**

Ana Reisdorf, MS, RD
Forward by Kari Pearce

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Join Tens Of Thousands of Members In My PowerAbs Facebook Group!

PowerAbs is more than a workout, it's an amazing community and I want you to be a part of it!

Join me and over 30,000 others in our exclusive **PowerAbs Facebook Group!**

You may be working out at home, but you are definitely not alone with our incredible global community just a click away! Our community is the place for you to come together to make new friendships, share your stories, your struggles, and your successes with people from around the world!

This is your own exclusive, online space. A group filled with encouragement, accountability, and empowerment. **We are all in this together.**

I can't wait to have you join us!

[CLICK HERE TO JOIN THE POWERABS FACEBOOK GROUP TODAY!](#)



Believe in yourself. You can do this!

Tag me in the pictures of your PowerAbs to my [Instagram](#) and in the [PowerAbs Facebook Group](#)! I want to cheer you on along the way - Kari