

“Fast Abs”

The Workout

A 30-Minute Workout Will Burn Away Your Belly Fat For Good

The belly-busting plan from The Men’s Health big Book of Exercises is the last fat-loss workout you will ever need. Created by the Craig Rasmussen, C.S.C.S., it employs the cutting edge workout formula used at Results Fitness in Santa Clarita, California, one of America’s top 10 gyms. Here, Rasmussen fills in the exercises for you. But in the book, you’ll learn how to choose the moves yourself from a menu of more than 600 exercises. So any time you want a new routine, all you have to do is plug and play- and watch your gut away.

Directions

Alternate between workout A and workout B, with a day of rest after each session. For exercise 1 in each workout, do 2 to 3 sets of 10 reps, resting 60 seconds after each set. Then perform exercises 2a and 2b as a pair. That is, do 12 reps of exercise 2a, rest 60 seconds, and do 12 reps of exercise 2b. Rest for 60 seconds again, and repeat until you’ve completed 3 sets of both exercises. Follow the same procedure with exercises 3a and 3b, alternating back and forth with the same sets, reps, and rest.

WORKOUT A

1. Barbell Rollout

Load a Barbell with 10-pound plates and affix collars. Kneel on the floor and grab the bar with an overhand, shoulder-width grip. Position your shoulders directly over the barbell and keep your lower back naturally arched. Slowly roll the bar forward extending your body as far as you can without letting your hips sag. Pause for 2 seconds, and reverse the move to return to the starting position.

2a. Crossover Dumbbell Stepup

Grab a pair of dumbbells and stand your right foot on the bench. Press your right foot into the bench and push your body up until your right leg is straight but your left foot is still off the bench. Then lower yourself to the starting position. Do all your reps on your right leg and then turn around and repeat with your left leg.

2b. Inverted Row

Secure a bar in a power rack at about waist height, and lie underneath it. Grab the bar with an overhand, shoulder-width grip, and hang from it with your arms straight. Your body should form a straight line from your ankles to your head. Pull your chest slowly to the bar. Pause, and slowly lower yourself back to the starting position.

3a. Barbell Front Squat

Hold a bar next to your chest with a shoulder-width, overhand grip. Raise your upper arms until they're parallel to the floor, letting the bar roll back so that it's resting on the front of your shoulders. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause and return to the starting position.

3b. Push Up

Assume a pushup position with your arms straight and your hands lightly beyond shoulder width. Your body should form a straight line from your head to your ankles. Bend your elbows and lower your body until your chest nearly touches the floor. Pause, push yourself back to the starting position, and repeat.

WORKOUT B

1. Cable Core Press

Attach a stirrup handle to the middle pulley of a cable station. With the cable taut, hold the handle against your chest with both hands and stand with your right side facing the stack. Slowly press your arms forward until they're completely straight. Pause for 5 seconds, and reverse the movement. Do all your reps and then turn around and work your other side.

2a. Offset Dumbbell Reverse Lunge

Stand holding a dumbbell in your right hand next to your shoulder, with your arm bent. With your left foot, step backward into a reverse lunge and lower your body until your back knee almost touches the floor. Push yourself back to the starting position and repeat. Do all your reps, and then switch arms and lunge backward with your right leg.

2b. Chinup

Grab a chinup bar with a shoulder-width, underhand grip, and hang at arm's length. Now squeeze your shoulder blades down and back, bend your elbows, and pull the top of your chest to the bar. Pause, slowly lower your body back to the starting position, and repeat.

3a. Barbell Deadlift

Load a barbell and roll it against your shins. Bend at your hip and knees and grab the bar with an overhand grip, your hands just beyond shoulder width. Keeping your lower back naturally arched, pull your torso up and thrust your hips forward as you stand up with the barbell. Lower the bar to the floor and repeat.

3b. Dumbbell Push Press

Stand holding a pair of dumbbells just outside your shoulders, with your arms facing each other. Your feet should be shoulder-width apart and your knees slightly bent. Dip your knees, and then explosively push up with your legs as you press the weights straight above your shoulders. Lower the dumbbells to the starting position and repeat.