

REV ABS™

**ANYTIME,
ANYWHERE,
ABS 2**



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PERFORM THIS ROUTINE TWICE FOR A 10 MINUTE WORKOUT.

1

Jacks

60 Seconds



You know 'em, you love 'em—jumping jacks! Inhale as you jump your feet apart and raise your arms out to the side and overhead.



Exhale as you jump your feet together and bring your arms to your sides. Repeat for 60 seconds.

TRAINER TIP: Jumping jacks are a perfect warm-up. Begin with mini-jacks to loosen up your muscles then make the move bigger to rev your fat-burning engine.

2

Skater

30 Seconds



Begin standing upright with feet shoulder-width apart. Inhale as you draw your right leg back behind you, tapping your foot on the ground and sinking into a squat on your left leg. Your right arm swings forward as your left arm reaches backward.



Exhale as you push off your left foot and hop lightly onto your right foot. Sink into a squat on your right leg, extending your left leg behind you to tap your foot. Swing your left arm forward as your right arm reaches backward. Repeat, alternating sides, for 30 seconds.

TRAINER TIP: Skater gives you fat-burning cardio, upper body, and core all in one move. Both the high and low-impact versions are incredibly effective.

3

Balança

30 Seconds



Begin standing with feet a bit wider than shoulder-width apart. Hold your hands in front of you as if you are holding a small ball. Inhale and sink into a squat position. Exhale as you shift your weight onto your right heel, transitioning your hands so that your right hand is above your left hand in front of you.



Staying low, inhale and shift your weight into your left heel, transitioning your left hand above your right hand in front of you. Repeat, alternating sides, for 30 seconds.

TRAINER TIP: Recover with this dynamite lower body and core move.

4

Overhead Press

30 Seconds



Begin standing with feet shoulder-width apart and knees slightly bent to protect your back. Arms up, palms forward just above shoulder height. Inhale as you prepare to press.



Exhale as you press your arms overhead with control, keeping your arms in line with your head and body (don't lean forward or backwards). Inhale as you bring your arms down to starting position with control. Repeat for 30 seconds.

TRAINER TIP: This can be performed with resistance bands or dumbbells. This move will give you defined shoulders you'll want to show off in a tank top.

5

Bicep Curl

30 Seconds



Keep feet shoulder-width apart, with knees slightly bent to protect your back, elbows in and arms down at your side. Exhale as you curl, hands coming up to the shoulders (you can squeeze a bit beyond, toward your shoulder, if you wish).

Inhale as you release your arms down with control. Repeat for 30 seconds.

TRAINER TIP: This can be performed with resistance bands or dumbbells. Make sure to work with control on both the way up and the way down.

6

Plank and Leg Raise

60 Seconds



Begin face down on the floor, resting on your elbows and forearms. Your elbows should be directly under your armpits. Keep your head and neck in one line with your back straight as you come up onto the balls of your feet. Breathe and "fire your abs" as you hold for 30 seconds.



Inhale as you lift your right leg with control. Breathe and "fire your abs" as you hold for 15 seconds. Switch legs and repeat on the left side, holding for 15 seconds.

TRAINER TIP: This move's minimal movement will so transform your core that you'll be stunned. Don't let your hips drop.

7

Bicycle

30 Seconds



Begin lying on your back with your hands behind your head. Inhale as you lift your shoulders up off the floor, drawing your left knee and your right elbow toward each other.



Exhale fully, "firing your abs" as you switch sides and bring your left elbow towards your right knee. Alternate extensions for 15 reps on each side, or 30 reps total.

TRAINER TIP: This rotation works upper and lower abs as well as your obliques. Move with control and don't let your shoulders drop onto the floor.

8

Core Stretch

30 Seconds

Begin lying on your stomach with your hands next to your chest.



Inhale as you press your hands into the floor and lift your chest until your stomach is just off the floor. Keep your shoulders relaxed and your neck in line with your spine. Look forward (don't tilt your head back or down). Breathe normally, hold for 30 seconds, and come down slowly.

BONUS MOVE: From your core stretch, lower your chest slightly, keeping your shoulders lifted. Extend your arms behind you and lift your palms off the floor. Reach back through your fingertips.