

## **The #1 BEST Abs Workouts**

To get sexy abs you don't need useless crunches and side bends like that poor girl was using on Sunday morning. Sadly, she remains a long way from her goals...and will likely never achieve the body she wants with crunches and cardio.

For BEGINNERS...you need to start with the plank, side plank, and bird dog exercises to build up abdominal endurance. By doing so, you will set the stage for eliminating back-pain while working your six pack abs.

For INTERMEDIATE level fitness...one of the most important exercises you will do is the Stability Ball Plank. A study quoted in Men's Health magazine found the Ball Plank to be 30% harder than the regular ab plank.

Finally, for ADVANCED folks...the most recent issue of Men's Health magazine quoted a study that found the Stability Ball Rollout is the HARDEST ball exercise for your abs."