

REV ABS™

**ANYTIME,
ANYWHERE,
ABS**



**PERFORM THESE EXERCISES IN THE ORDER
LISTED FOR A 5 MINUTE WORKOUT.**

1 Cat/Cow Warm Up

30 Seconds



CAT: Begin on your hands and knees, hands directly below your shoulders and your knees below your hips. Exhale, rounding your back, until you feel a gentle stretch in your upper back. Your abs should be contracted and your head should drop slightly.



COW: Inhale as you arch your back and lift your chin, until you feel a gentle stretch in your stomach. Hold for a moment, then exhale as you transition back to Cat. Repeat the Cat/Cow combination for 30 seconds.

TRAINER TIP: Don't skip this gentle motion to warm up your back, shoulders, hips, and abs.

2 Seated Knee Tucks

30 Seconds



Sitting on the floor, inhale deeply as you extend your legs and lean back as shown.



Exhale, fully "firing your abs" as you draw your knees in toward your chest. Repeat the Extension/Tuck and "firing" breaths for 15 reps.

TRAINER TIP: This is a super-effective lower flexion move. 15 reps done this way are far more beneficial than 50 on a fancy machine.

3 Bicycle

60 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: Keep firing those abs on each side of this "twist" move.

4 Single Leg Plank

60 Seconds



Begin lying on your stomach. Inhale deeply as you lift yourself onto the balls of your feet and forearm. Be sure your elbows line up under your shoulders.



Exhale and "fire your abs" as you raise your left leg. Hold for 30 seconds. Lower your left leg. Raise your right leg and hold for 30 seconds.

TRAINER TIP: Keep your back flat and your abs tight in this "double flexion" move.

5 Benção Push Kick Sit-up

60 Seconds

Begin lying on your back. Bend your knees and place your feet on the floor, bringing your arms to your chest.



Inhale deeply as you perform a sit-up, drawing your left knee into your chest. Keep your feet flexed and your hands up, as shown.



"Fire your abs" as you push your left leg out, leading with your heel, and sweep your right arm across your chest to block. Your left arm extends left, "protecting" you from the left. Return to starting position. Alternate 8 on each side for 16 reps.



TRAINER TIP: This exercise is adopted from Capoeira. Offensive, defensive, and all abs!

6 Child's Pose

15 Seconds



Sit back on your heels and lower your forehead to the mat, reaching your arms forward until you feel a good stretch. Breathe naturally for 15 seconds.

TRAINER TIP: While many people happily collapse into this yoga pose, it keeps your back and hips limber, and helps your abs recover quickly.

7 Twisting Knee Tucks

30 Seconds



Begin sitting, with your palms on the floor. Inhale deeply as you extend your legs and lean back, as shown.

Exhale fully, "firing your abs" as you draw your knees in toward your chest.



Then twist, tilting your knees to one side. Extend to start position then twist to other side. Repeat for 16 reps (8 tilts to each side).



TRAINER TIP: This combination move works lower, upper and side flexion.

8 Core Stretch

15 Seconds

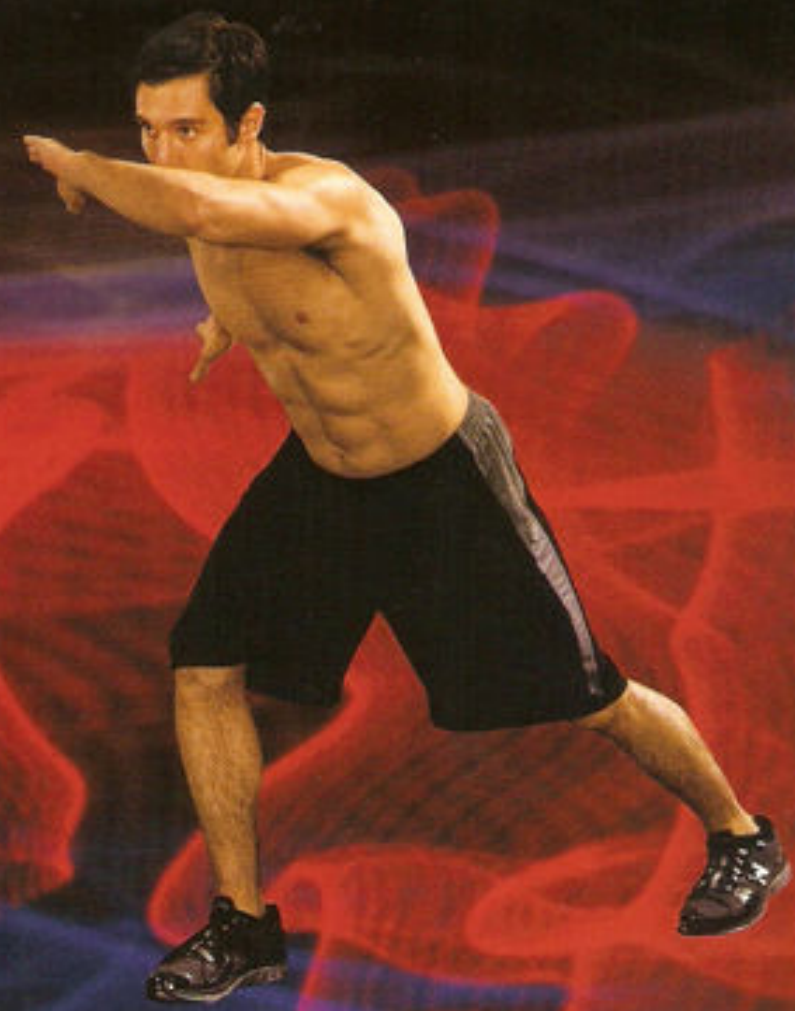


Begin lying on your stomach with your hands next to your chest. Inhale as you press your hands into the floor, extending your spine and lifting your chest until your stomach is just off the floor. Push deeply into the floor and allow your arms to straighten. Keep your shoulders relaxed, and your neck in line with your spine and look ahead. Hold for 15 seconds while breathing normally.

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.

REV ABS™

ANYTIME,
ANYWHERE,
ABS 2



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.



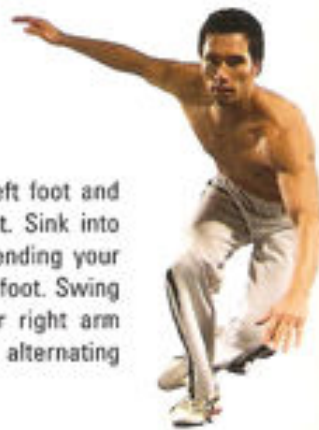
Exhale as you jump your feet together and bring your arms to your sides. Repeat for 60 seconds.

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**

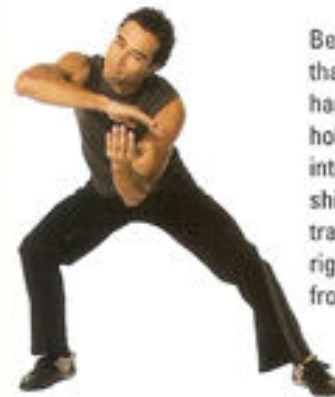
Begin standing upright with feet shoulder-width apart. Inhale as you draw your right leg back behind you, tapping your foot on the ground and sinking into a squat on your left leg. Your right arm swings forward as your left arm reaches backward.



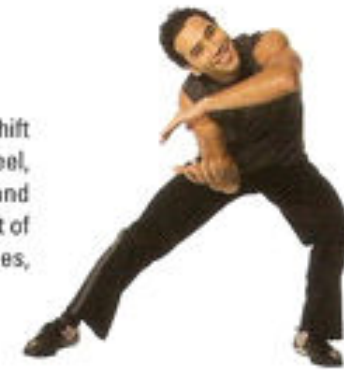
Exhale as you push off your left foot and hop lightly onto your right foot. Sink into a squat on your right leg, extending your left leg behind you to tap your foot. Swing your left arm forward as your right arm reaches backward. Repeat, alternating sides, for 30 seconds.

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**

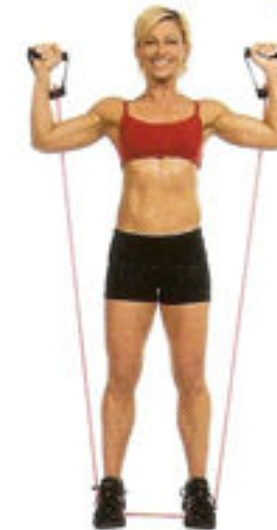
Begin standing with feet a bit wider than shoulder-width apart. Hold your hands in front of you as if you are holding a small ball. Inhale and sink into a squat position. Exhale as you shift your weight onto your right heel, transitioning your hands so that your right hand is above your left hand in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