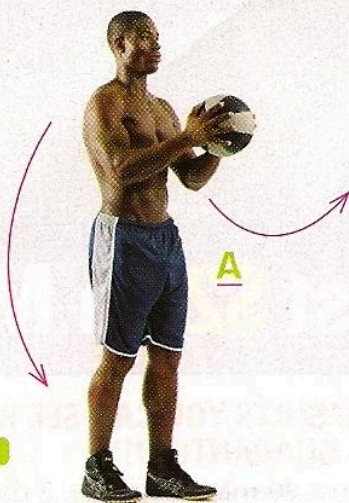


The No-Fail Abs Plan

USE MULTI-JOINT MOVEMENTS THAT USE AS MANY MUSCLES AT THE SAME TIME TO BURN MORE CALORIES

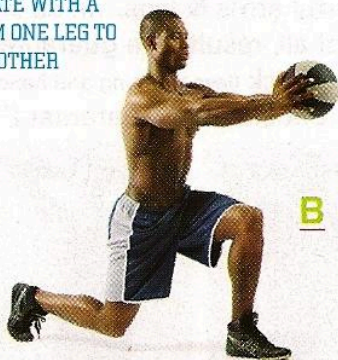
Reverse Lunge with Shoulder Extension

Works both the lower and upper body.



TIP

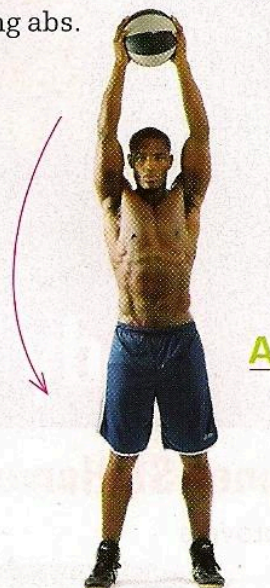
TO GET YOU LEANER
ALTERNATE WITH A
JUMP, FROM ONE LEG TO
THE OTHER



How to Do It: Hold a medicine ball in front of chest **A**. Step back with your other leg bending your knee until it almost touches floor **B**. Extend arms in front of chest. Exhale, return to start position on your heel. **Reps: 15-25 (each leg)**

Squat with Shoulder Press

Works both the lower and upper body, including abs.



How to Do It: Medicine ball in front of chest, stand with feet slightly wider than hip distance. Keep abs flexed inward and bend at the knee and hips as if sitting in a chair. Stand back up and lift the medicine ball above your head. **Reps: 15-25**