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## Body beast abs

Length 10:32 Matt Team 1 Dumbbell Focus Core Strength with Ab Focus Review This is a fun little ab routine that generates quite the burn. In addition you get to use a weight, which is omitted from the ab routines of P90X and Madness. I usually find this routine in the same league as those and I would actually rank it higher than Cardio Abs of madness, but still lower than P90X's Ab Ripper X, or Mad Abs of Madness. I also like that this workout throws in some moves for the back of the core so it really hits your entire core, including, abs, oblique, lower back and hip push-ups. You're supposed to be doing this workout after another workout, so there's no warming up. I would have liked to see a stretch or also at the end, but I guess you can add your own cobra and the child's posture before you finish. Exercise is #1 – Crunch You do 20 repetitions of standard crunches with your legs outstretched in the air at 90 degrees. Be sure to keep your chin up while doing these. Exercise #2 – Russian Twist This is a weighty version of Ab Ripper X's masonry twists. Exercise #3 – Hip Ups These are the pulses ups or heels in the sky of Ab Ripper X. You get on the ground with your hands by your side and your legs straight in the sky with your heels facing up. Then push your ass off the ground, and get your heels as high in the sky as you can with your legs straight. Repeat this for 20 repeats #4. Lift your legs off the ground and cross them. Bring your knees to your chest and back out for 20 reps. It can also make it harder by raising your hands off the ground and opening them and closing them during movement (think P90X's Crunchy Frogs, with cross-legs). Exercise #5 - Charge This one targets your lower back more than your abs and involves lying on your stomach with your legs outstretched behind you, and your feet on the ground. Your hands are by your side. For each of the 20 representatives you lift your chest and hands off the ground using the bottom of your back (imagine a cobra lifting your head to spit your poison). Exercise #6 – Spiderman Crunch This move has you in plank position and alternates by bringing the knee of each leg to the elbow on the same side. You do 20 reps on each side for this one. Exercise #7 - Drop Bucket This is a slightly harder version of the Spider-Man Crisis. Once again in plank position he alternates carrying each knee, but instead of carrying it on his shoulder, he turns his body and twists his knee to the ground the opposite elbow. Imagine that the ass is a bucket that is dropped next to it. Again, do 20 reps on each side for this move. Exercise #8 – An open plank arm starts in plank position with a weight on one of your hands. Then open your chest, turning to the side with the bell, without moving your feet. Then take the bell to your chest and then up to the sky. This is like the second half of balancing chest, shoulder and tripe push-ups in P90X and requires a fair amount of balance to avoid falling over. For this move we do 10 repetitions on one side and then change and make 10 reps on the other. Exercise #9 – Windshield Wiper This is like the Torso Twists of Belly Yoga 7 on P90X, except instead of holding the posture on one side we move our legs back forward. To enter this movement lie on the back with arms outstrenw on its side. Then lift your legs straight into the air with your feet in front of the wall behind you and move them from side to side while twisting your torso, as if it are wipers. We do 20 total repetitions in this exercise (10 per side). Exercise #10 – Beast Abs lying flat on his back in the same position with his arms outstrenw on the side (the same position as windshield Wipers) lift his head into a crisis position and use his legs to spell BEAST in the air. After that we write TSAEB (beast back) in the air and then they are done this training. My alarm went off this morning - I woke up, - decided I was too sore to move - and lay in bed for about 20 minutes. I finally rolled out of bed, threw a caffeine pill, and headed to my training room to make day 4 of the Beast of the Body: Beast: Cardio! Duration: 30 minutesEquip needed: Bench (may be optional) and pesosWarm-Up: Before warm-up, Sagi says: 'Forget walking on the treadmill for two hours. Cardio with THE BEAST. So let's be beasts. The warm-up is 1:45 minutes of high knees, hip circles, reverse lunges, side squats, sumo squats, and some higher knees. Fast – but this is acceptable for a 'cardio' workout. :)These guys have muscles so big it looks like giant balls from swampy sumo men trying to squat. Workout (28:30 minutes): Squat at Overhead Press + Wait: You have a weight on each hand - start with them just above your shoulders - squat and then get up while pushing the weights over. Do this for 20 seconds and then hold the squat for 10 seconds at the end. This is done a total of three times. You start to feel the burn. I'm not used to 'cardio' having weight work (at least not to this extent). Tap tap: with the bench (or a chair), alternate feet on top. The idea is to do it as soon as possible. At first, I used my chair. When I decided I was ridiculously tall, he lying hysterically at the thought of being able to do quickly, I switched to the bell. Like the type on the right: Quotes beasts is worth sharing: "Touch, touch, touch, tap. One minute.. it's a long time. ... Octopus, octopus, octopus, octopus... You have 14 seconds. What are 14 seconds? It's nothing!" I want you to give me a 10. I don't expect a 6 or 5. For me, it's not good enough.'Squat a Jump Squat + Hold: That's two half squats with a jump in between. You have the squat every 20 seconds. This is also done a total of three times. I started to feel like I was doing P90X Plyometrics. I'm pretty sure I was jumping higher than the boys. Sagi crazy-quote:'If you screw up - if you don't do it right - I'll ' take it to end time.' Mountain climber + Row + Plank: Starting in a plank position - dumbbells under hands on the ground - make mountain climbers (knees quickly alternating in the chest). After 20 seconds – make a row in which you alternate the weights on the ceiling. Hold plank 10 seconds. All this is done twice. Oooooooooooooo! This works shoulders and abs. Sumo Squat + Hold: You have a bell under your chin and squat with your knees pointing at 45 degrees. You squat for 20 seconds and then keep a squat for 10 seconds at the end. This is repeated three times. I used a 15-pound buzzer. Burpee weighted + Stretch: With the bells in your hands on the ground - jump your legs back so you are in a plank position - jump your feet back into your hands - and get up with weight in your hands. After 30 seconds you put the weights down and do a stretch of the leg. You do this again and do the opposite leg/arm at the end. (This will wear you down – especially doing it again what I did). Plyo Pushup + Hold: Starting at a plank position, gradually descend to the ground. When pushed up - it is quickly pressed and your hands come off the ground. Crowns! After 20 seconds of this awesomeness, you have the low plank for 10 seconds. All this is done three times. I'm not going to lie. At least there was no applause from the hands in the middle. During these, Sagi says, 'Do you get tired? It's okay. You can hold.'Sumo jump: you squat in the sumo position and then jump your feet in and out. The idea is to do it as fast as you can in the right way. At first I was like - yes, I got this! Then, I realized I was going as fast as I can. It's terribly fun to watch, but you'll feel it! :)Sagi asks the guy if he feels 'feels'. He answers yes. Sagi says, 'If you can talk, then you don't hear it!'. Hahaha.Squat on Upright Row + Hold: You have light weights between your legs with straight arms. You squat with your legs and then paddle the weights in a vertical row as you stand. After 20 seconds, hold the row for 10 seconds. You do it three times. I used 8lb dumbbells and this my shoulders. Alternating Lunge Jumps + Hold: Starting in a lunge position, he jumps and lands in lung position with his other leg forward. After doing this for 20 seconds, you keep the lung for 10 seconds. You repeat this again and hold the lung of the opposite leg for 10 seconds. The guy in the video (to our left) is fun to watch. He has trouble holding lunges/movements. Plank Press-Up + Hold: You will start at the board position you slowly descend to the push up on one elbow, then both elbows, and re-raise one arm at a time. This lasts 20 seconds with a 10-second suspension at the end. This is done three times! It is a movement found in INSANITY Cardio Abs. :)Plank + Gir + Sprint: You maintain the position of the plank and alternate the knees on the shoulders and then twist under the chest. This happens quickly. You do this for 8 reps and then get your ass and run as fast as you can for 20 seconds. You get to do this a total of three times. Finally, I started making circles as I was running (for fun). Of course, The Beast had to say: I can feel the beast. One by one with the chosen one... RIGHT NOW! Cool: This is 2 minutes of stretching (and allowing your heart rate to drop). It will extend each leg as you try to touch your feet, stretch the quads, and make a lunge on each side. It's fast! In the end, it says: 'BEAST OUT! ... Did you just shower? Why are you singing so badly? I can also smell it.'After those 30 minutes, I burned about 287 calories. I'll admit, I drank some water a few times. :)Then, needed to do Beast: Abs.Length: 11 minutesEquipment needed: mat and 1 right weights on it... Workout (10:30 minutes):Crunch: 20 reps - crack with knees up. I haven't done a 'normal crisis' in a while. Russian twist: 20 reps - any weight - leaning back, knees back and feet off the ground - turn side to side - touch elbows on the ground. I chose a 12-pound buzzer and it was a challenge. Hip Up: Flat placement on the floor - straight legs and feet in front of the ceiling - lift your legs towards the ceiling without moving your torso. These are self-explacativeCrossed Tuck-In: With legs crossed and on the ground - you will crunch your legs and engage abs. There is a beginner (hands on the ground) and advanced option (the one you see below). Cobra: Put face down on the floor - get up using your back muscles. I realized I can bend higher/higher than these guys. Spiderman Crunch: In a plank position - bringing your knees to the elbows - works the oblique ones! It's also a move found in INSANITY Cardio Abs.Bucket Drop: This is like the anterior movement, but the knee comes out, you drop the body and your knee is out to the side. It's pretty intense, but it doesn't last of time. An Open Plank Arm: You will start on plank - one hand holding one weight and the other supporting yourself the floor. You lift your arm and weight off the floor and twist so you are aiming towards the ceiling. You do 10 reps for each side and try not to fall backwards. Wiper windshield: It lay on its back - arms to side - straight legs - feet facing the ceiling - let the legs fall from one side to the other, but without touching the ground. You do it quickly and alternatively. I was apparently dropping my legs too far to the ground. Abs Beast: While in the same position (lying on the back) is spelled 'BEAST' with legs. Hahaha. THEN YOU DO IT BACKWARDS. I thought I couldn't count backwards... He says - 'I hope you went to school that day'. Final thoughts: By the end of this, I had burned about 370 calories (including Cardio). It's not too bad. I would burn about 500 or so during INSANITY Pure Cardio + Abs.There are several pauses / rests between movements. I'm not used to it. Since I had no one to take pictures during cardio the first time and wanted to burn more calories for today, I decided to do all this again (it was only 30 minutes). I'm less sore than I was yesterday and the day before – so that's good! This

workout may have helped stretch some muscles. However, it still incorporated some pliometry and weightlifting. Going into this blindfold workout (never to have done it), I was pleasantly surprised. Happy Wednesday everyone! Day 4 - complete. I apologize for the length of this post – this was for two workouts technically! :)Bethany OUT! Just kidding. But seriously. Seriously.

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