

Faisal's Ab Blaster Workout

HIIT workouts count time, not repetitions. Perform each of the following exercises repeatedly for:

Beginners—20 seconds followed by 40 seconds of rest
Intermediate—30 seconds followed by 30 seconds of rest
Advanced—40 seconds followed by 20 seconds of rest

Continue the circuit for 10 minutes and aim to do the circuit three days a week.

WALKOUTS From a standing position, bend forward at the hips and rest hands on the floor (like an inverted V). Walk hands out into push-up position. Walk hands back beneath shoulders, then slowly uncurl back to standing. Repeat.

HIGH PLANK REACHES Begin in a straight arm plank position. Contract abs and lift one arm and the opposite leg at the same time. Hold for one count, return to start and repeat with the opposite limbs. Continue alternating sides.

SIDE PLANK ROTATIONS Begin in a side plank position (beginners can place the bottom knee on the floor) with top arm extended high in the air. Contract lower ab muscles and slowly scoop top arm down and under the bottom shoulder (like you're threading a needle), then extend arm back to start. Repeat for the duration; switch sides and repeat.

CRAB TOE TOUCHES Begin seated on the floor. Push hips up toward the ceiling, keeping weight evenly distributed between feet and hands. Engage core and extend one leg up. With the opposite arm, reach up and touch fingertips to toes. Lower leg and arm, and switch sides. Continue alternating sides.

V-SIT CRUNCHES Begin in a V-sit position with arms crossed in front of chest, knees slightly bent and feet off the floor. Contract abs and pull knees and chest together, like an accordion. Pull back and repeat.

RUSSIAN TWISTS Begin in a V-sit position, as before. (Beginners can keep feet on the floor.) Rotate torso from side to side, lightly tapping hands to the floor. Tip: Make sure your chest follows hands for the maximum rotation.

STRAIGHT LEG BICYCLES From a crunch position, lift both legs up toward the ceiling, contract abs and press lower back into the ground. Slowly lower one leg toward the floor and press the opposite elbow toward the elevated knee. Switch limbs and scissor legs and elbows, keeping the movements steady and controlled.

PLANK JUMPING JACKS Begin in plank position with feet together. Jump feet out wide, then jump them back together. Repeat. Tip: Keep hips low and shoulders over wrists.

MOUNTAIN CLIMBERS Begin in plank position with feet hip-width apart. Take right foot off the floor, crunch right knee to chest, then return to start. Repeat with left foot. Alternate legs as quickly as you can without "rocking" forward.

THE CASE FOR HIIT

Research shows that just four minutes of high-intensity intervals can improve fitness levels and burn fat more effectively than a more leisurely one-hour workout. The trick, however, is to really push your body for those short minutes.