How To: Get Great Abs in Under 10 Minutes!

Whether you’re looking to get great abs to look great for summer or to work off some of the food from the holidays, the Olympic Abs workout works! Olympic Abs is a series of 12 moves that you can do in less than 10 minutes, every other day. You can pick the amount of repetitions for each move based on your skill level. Grab a yoga mat or workout mat and you’re ready to go!

Move 1: Crunch in and out (Recommended reps: 24)

Sit on the floor with your hands on the floor and your chest upright. Tuck your legs in and out while keeping your chest upright. One rep = moving your legs out and back in.

Move 2: Seated Bicycle (Recommended reps: 24)

Sit on the floor with your hands on the floor and your chest upright. Bicycle your legs around while keeping your chest upright. One rep = a full cycle with both legs.

Move 3: Reverse Bicycle (Recommended reps: 24)

See above but move your legs in the opposite direction.

Move 4: Crunch in and out with arms (Recommended reps: 24)

See move 1 but, with each rep, place your hands on your knees and bring your knees out to the side and back.

\*Recommended: Do moves 1-4 without stopping for a break if you can. If not, work up to it.

Move 5: Cross leg sit up (Recommended reps: 12 on each side)

Lie on your back with your legs bent and crossed at the ankles. While holding your right arm towards the ceiling, place your left hand behind your head (not supporting your head). Sit up while reaching towards the ceiling and then across your body to the floor (by your opposite hip). Repeat this with the left arm and keep alternating sides.

Move 6: Scissor switch (Recommended reps: 12 on each side)

Lie on your back with your arms at your side, one leg pointing straight towards the ceiling and your other leg 6" off the ground. Flex your feet and hold for two seconds, then switch. The motions should be slow and controlled.

Move 7: Hip raise and lift (Recommended reps: 24)

Lie on your back with the bottom of your feet together and your knees to the side. With your arms at your side, lift your hips and legs up towards the ceiling then lower back down gently. You may use your hands to push against the floor for balance.

Move 8: Hip lift (Recommended reps: 24)

Lie on your back with your legs pointed upwards, feet flexed. Keeping your arms at your sides, press your hips towards the ceiling. Keep your motions slow and controlled.

Move 9: Hollow crunch 2-1-1 (Recommended reps: 8)

Lie on your back with your legs and upper body held just off the ground. Keep your body tight when you are in this “hollow” position. Start by crunching both legs to your chest and moving back to the hollow position. After that, do just the left leg, then just the right leg.

Move 10: Oblique v-ups (Recommended reps: 24 on each side)

Lie on one side with a slight bend at the waist; place your top hand behind your head and your bottom arm straight and next to your body. Pull your body into a “V” shape until your elbow and knee touch.

\*Alternate: You may leave your upper arm straight and reach towards your toes.

\*Alternate: You may use an exercise ball under your hip with your feet on the floor and reach up and towards your knee with your elbow.

Move 11: Single leg v-reach up (Recommended reps: 12 on each leg)

Lie on your back and place one heel as close to your butt as possible. Lift the other leg straight into the air. With flexed feet reach up and touch your toes (or get as close as you can.) The motions should be slow and controlled.

Move 12: Tuck hollow hold twist (Recommended reps: 40)

Sit on the floor with your knees bent, feet off the floor, and upper body at a 45 degree angle. Clasp your hands together and place your hands on the floor to your left and then on the floor to the right. Quick motion is a plus, if you can balance well enough.

Bonus move: Hollow hold (Recommended time: 60 sec.)

Assume the aforementioned hollow position and hold for 60 seconds.

Take a breather when you’re done. Congratulations! You’ve finished Olympic Abs! Repeat every other day for incredible abs.