

# Get Abs In Days: Min Abs Workout, No Equipment Needed - Complete Fast And Easy Abs

Let's be honest, we all want ripped abs, but who has the time or money for a gym membership? That's why we created this Min Abs Workout - it's fast, easy, and you can do it anywhere, anytime, with no equipment needed.

This workout is designed to target all of the major abdominal muscles, including the rectus abdominis, obliques, and transverse abdominis. It's a great way to get a quick and effective ab workout in, and it's perfect for beginners and experienced fitness enthusiasts alike.



## Get ABS in 7 DAYS! 4 Min ABS Workout ( No Equipment Needed) Complete Fast and Easy Abs Workout to get abs and lose fat with JUST 4 Mins a day (Minimalistic Workout Book 5)

★★★★★ 5 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
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Here's a step-by-step guide to the Min Abs Workout:

1. **Plank:** Start by lying face down on the floor, with your forearms on the ground and your elbows aligned under your shoulders. Lift your body up onto your toes, forming a straight line from your head to your heels. Hold this position for 30 seconds.
2. **Bird-dog:** Start on your hands and knees, with your hands shoulder-width apart and your knees hip-width apart. Simultaneously extend your right arm forward and your left leg backward, keeping your back flat. Hold this position for 10 seconds, then return to the starting position. Repeat on the other side.
3. **Bicycle crunches:** Lie on your back with your hands behind your head, and your knees bent at a 90-degree angle. Lift your head and shoulders off the ground, and bring your right elbow towards your left knee. Simultaneously, extend your right leg out straight. Repeat on the other side.
4. **Russian twists:** Sit on the floor with your knees bent and your feet flat on the ground. Lean back slightly, and place your hands behind your head. Twist your torso to the right, then to the left, keeping your core engaged.
5. **Leg raises:** Lie on your back with your hands at your sides. Lift your legs off the ground, keeping them straight. Lower your legs back down to the ground, but don't let them touch.

Repeat this circuit 3 times, with a 30-second rest between each exercise.

This workout is challenging, but it's also very effective. If you're new to ab workouts, start by doing it 2-3 times per week, and gradually increase the frequency as you get stronger.

In addition to the Min Abs Workout, there are a few other things you can do to get ripped abs:

- **Eat a healthy diet:** A healthy diet is essential for getting ripped abs. Focus on eating plenty of lean protein, fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats.
- **Get enough sleep:** When you sleep, your body produces hormones that help to build muscle and burn fat. Aim for 7-8 hours of sleep per night.
- **Manage stress:** Stress can lead to weight gain, so it's important to find healthy ways to manage stress. Exercise, yoga, and meditation are all great ways to reduce stress.

Getting ripped abs takes time and effort, but it's definitely possible. With the Min Abs Workout, a healthy diet, and a few lifestyle changes, you can achieve your goal of getting ripped abs in no time.

So what are you waiting for? Get started on the Min Abs Workout today, and see the results for yourself!



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