

“Pick battles big enough to matter, small enough to win.”

Jonathan Kozel

## FAB AB WORKOUTS

Written By THERESA KASALLIS

If you are tired of the extra flab hanging around the midsection, consider this: you could be well on your way to fabulous abs in the same amount of time it would take you to boil a bag of 10-minute rice.

**SOUND TOO GOOD TO BE TRUE? THINK** about it. Only 10 minutes of crunches, fives days a week, in a period of three weeks can get you one step closer to the washboard stomach and toned tummy you've been waiting for.

Recent Mr. Utah Natural Bodybuilding champion and Lifetime Fitness trainer, Mike Semanoff, has tried and tested his workout techniques and offers words of advice for readers: "In my opinion, in order to properly train your abs you need 10 to 20 minutes [of abdominal training]," said Semanoff. "If you really train hard you need to give your abs a rest every other day. If you aren't going to extremes in your training you can safely do abs every day." With the upcoming holiday season culinary temptation will be lurking around every corner. A few simple abdominal crunches, can help you transform not only your workout routine but also improve your core results, without requiring you to give up too much of your time.

"There is so much information out there about ab training that people have developed strong misconceptions about abdominal training," said Semanoff. "First you have what is the truly healthy way to train your abs, and that consists of static holds, standing twisting maneuvers and unstable resistance training. Then you have what everyone does which is laying down and doing sit-ups or crunches

in any of the hundreds of varieties you can think of until their abs are totally blasted."

If you can properly train all layers of the abdominals you will significantly lower your risk of back pain, knee pain, shoulder pain, headaches and really increase you ability to experience life, Semanoff said. "Is it worth it, absolutely," he said.

For the most efficient workout, start with two twisting exercises, pulling a cable or rubber band from a high position to a low position and vise versa. Also, stability ball crunches will help target more than just one muscle group, Semanoff said. "The thing I love about abs is the fact that there are endless ways to work them," he said. "To really rev up a workout I would change up the routine a little bit, or add resistance to your routine." Semanoff said toning for women differs from the way men body build because women's body frames do not have the ability to get extremely bulky. "Most women can train as hard as they want and will become "toned," he said. "It would blow your mind if you saw the way my wife Holly train's, and after all of her training she is still pleasantly toned. In general women don't naturally have the ability to get freakishly bulky. My advice to women is to train the way you love to and don't be afraid of lower repetition work." For an effective abdominal workout, consider the following:

### MIKE SEMANOFF'S QUICK CRUNCH CIRCUIT:

#### 1. Feet up x 15 reps

Lie on the floor, put hands to the side and raise feet off the ground.

#### 2. Knees to right x 15 reps

Lie on your right side and place hands behind head. Lift upper body without putting strain on the neck.

#### 3. Knees to left x 15 reps

Lie on your left side and place hands behind head. Lift upper body without putting strain on the neck.

#### 4. Feet flat on floor x 15 reps

This routine is similar to the traditional sit up.

#### 5. Right foot on left knee twisting crunch x 15 reps

#### 6. Left foot on right knee twisting crunch x 15 reps

#### 7. Reverse crunches x 15 reps

To do this move right, lie on a flat surface, place hands on the floor. Bring the knees in, toward the chest until they're bent at a 90-degree angle. Keep feet together or crossed. Contract the abs as you curl the hips off the floor, pointing your legs towards the ceiling. Use your muscles, not the momentum of your legs to bring your hips up off the floor. Devoting just a few minutes a day will help strengthen your abdominals and keep you healthy, strong and ahead of the game.



Lifetime Fitness personal trainer and fitness instructor, Mike Semanoff is a two-year bodybuilding champion. For information call 801-372-1629 or visit [www.semanoff.com](http://www.semanoff.com).