



[The New Rules Of Lifting For Abs: A Myth-Busting Fitness Plan For Men And Women Who Want A Strong Co](#)

### MONDAY

Target your butt, legs, and abs.

- **20 minutes of cardio activity**  
If you work out in a gym, try running on an elliptical trainer or riding an exercise bike with little or no resistance. If you work out at home, try walking briskly, jogging, or shadow boxing.
- **20 squats**  
To do: Stand with your hands by your sides. Sit back while raising your arms in front of you for balance until thighs are parallel to the floor. Resume your starting position.
- **20 lunges**  
To do: Stand with your hands on your hips. Step forward with your right leg until your right thigh is parallel to the floor. Resume your starting position, then step forward with your left leg.
- **25 dead lifts**  
To do: Stand with your arms hanging in front of your body with a three- to five-pound weight in each hand. Bend forward from your waist until your knuckles touch the floor. Resume your starting position.
- **40 crunches**
- **40 reverse curls**  
To do: Lie on your back with your arms by your sides. Raise your legs toward the ceiling until they are perpendicular to it. Raise and then lower your butt two to four inches off the floor.  
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### TUESDAY

Target your arms and chest

- **20 minutes of cardio activity**  
15 to 20 regular or bent-knee push-ups, whichever you feel you can handle.
- **20 chest presses**  
To do: Lie on the floor with a three- to five-pound weight in each hand, arms bent, hands by your shoulders, palms facing each other. Push and rotate the weights toward the ceiling until your arms are straight and your palms are facing your toes. Slowly resume your starting position.
- **20 chair dips**  
To do: Sit on the edge of a chair with your knees bent, feet flexed, toes up with your weight on your heels. Grab the front of the seat, wrapping your fingers underneath. Keeping your back straight, use your arms to lower your torso in front of the chair until your elbows are shoulder-level. Resume the previous position.
- **40 biceps curls**  
20 per arm holding a five- to eight-pound weight  
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### WEDNESDAY

Target your back and shoulders

- **20 minutes of cardio activity**
- **25 jumping jacks** holding one- to three-pound weights in each hand
- **20 lateral raises**  
To do: Stand with your feet shoulder-width apart, holding a three- to five-pound weight in each hand. Turn your palms toward each other, then raise your arms straight out to each side until they are shoulder-height. Slowly lower them.
- **40 front raises (20 per arm)**  
To do: Stand with your hands by your sides, holding a five-pound weight in each hand. Raise your right hand in front of you until it's shoulder-height. Slowly lower it, then raise and lower your left hand.
- **20 shoulder presses**  
To do: Stand with your hands by your sides, holding a three- to five-pound weight in each hand. Bend your arms and position your hands in front of your shoulders, palms facing forward. Raise your arms above your head until they are straight, then slowly lower them.  
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### THURSDAY

Target your butt, legs, and abs

- **20 minutes of cardio activity**
- **30 donkeys (15 per leg)**  
To do: Get on all fours. Keeping your back straight, bring your right knee into your chest, then kick it straight out and up. Resume your starting position, then switch legs.
- **15 squats**  
To do: Sit on the edge of a chair with your knees bent, feet flexed, toes up, with your weight on your heels. Grab the front of the seat, wrapping your fingers underneath. Keeping your back straight, use your arms to lower your torso in front of the chair until your elbows are shoulder level. Resume the previous position.
- **20 pelvic lifts**  
To do: Lie on your back with your knees bent, feet flat on the floor, arms by your sides. Raise your butt toward the ceiling (about three to five inches off the floor), then slowly lower it.
- **40 oblique twists (20 per side)**  
To do: Lie on your back with your knees bent, hands behind your head. Using your stomach muscles, lift your head and shoulders off the floor as you rotate your torso to the right. Switch sides.  
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### FRIDAY

Target your trouble spot

- Think of this as work-on-your-weakness day
- **20 minutes of cardio activity**
  - If your **arms** need more sculpting than other areas of your body, repeat Tuesday's workout.
  - If your **back and shoulders** feel especially weak, do Wednesday's workout.
  - If your **butt, legs, and abs** need even more work than they got on Monday and Thursday, do Monday's workout again  
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Monday-Friday  
Workout Plan  
Includes:  
Cardio & Toning

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