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ABS Workout for Men and Women by [Norm Avila](#)

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When looking to practice your abs and to bring them into an awesome look with a v-shape six-pack, both men and the women can use similar work outs to get the task done. At many of the situations the Abs workout routine will differ for the men and the women so utmost care should be taken before one practices the same. Even though the objective to get the perfect figure may be common for both the men and the women gender, but the Abs workout for women will differ from the Abs workout for the men. Men and the women both of them should use exercises like the go and zero that need the raising of loads to rate up their metabolic rate and get rid of the tummy fat. There are as well a number of ab exercises like the 8 minute abs workout for men and women to use that particularly work on building up the primary area.

Here are few of the ab exercises that are recommended to connect into your exercise program when you go for the Abs workout routine. The first abs exercise that will burn out your abs is the mountain climber one. This workout doesn't need the employment of any loads but you can add rear-foot loads to create it tougher. To practice this work out, place yourself over the ground at a position like you do for the push-up. The shift will just make you to auto shuffle your thighs upward towards your arms returning and forth as if you were ascending a hill but remaining in the same position.

The second abs exercise is the rebel weight lines. This abs exercise is just like the previous one, the position of push-up, but now you will be positioning weight loads in your arms and assisting yourself upwards on the weight loads. Then the shift includes you rowing one weight up though keeping the other body parts still. Carry it returning down and move to the opposite arm and fetch the other load instrument up.

The next abs workout routine is the exercise of the clinging leg increase. Increase your body off the ground on a chin area up bar or on anything else that you can dangle from your arms off the ground. Now basically increase your thighs up towards your area of chest with your thighs curved. Keep it like this for few counts and then gradually take it downwards to the same start position. These above mentioned abs workout for men and women are sure to create your abs more powerful and your primary area more stable and fetch an overall tone to your body. But do bear in mind to practice the diet plans and some intense exercising to get rid of that tummy fat, otherwise you will be left with powerful abs that will not be noticeable under a wide part of fat. There are many online sites which will give you information for abs workout for men and abs workout for women.

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