

LyteFit.com

5 min abs exercises

Exercises Everyday Everyone

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LyteFit.com

5 Min Abs Workout Program

Hi and welcome to your workout. Before you start please remember that if you haven't exercised before or haven't exercised in the last year, consult your doctor before starting any exercise program. If you feel any discomfort or pain during the workout STOP the workout and seek professional medical advice. Make sure you follow recommendations to avoid injury. However as with any exercise program there is a risk of injury. By continuing to follow this exercise plan you agree to release and discharge LyteFit.com from all responsibilities and liabilities from injury arising from your participation in the exercises or advice obtained from this publisher.

Welcome to your exercises from LyteFit.com. We are dedicated to providing you with the best possible outcomes for you health and fitness.

Our exercises are designed to maximally work your abs from all angles. We have selected the top 10 favorites for maximizing your abs workout.

Each exercise targets a slightly different part of the abdominal muscles and the obliques.

You will find the exercises easy to follow. This program comes with a free video, go to this URL to view your free accompanying video.

<http://www.lytefit.com/articles/5minabs>

Watch the video carefully for information on how to do the exercise and how fast to do them.

For best results stick to the following workout guide for implementing these exercises into your daily routine.

The table below outlines how many times you will do the workout during the week. We have provided a month program for you. Follow this for gaining better abs strength and better toned stomach.

When you have completed the 4 weeks you can continue with these exercises each day to maintain your gains in strength.

If you would like to progress with more variety, visit LyteFit.com and join as a **GOLD Member**. This membership is very low cost and will give you access to a new daily workout each day. Focusing fitness, weight loss, fat burning, and strength of abs and body as a whole.

Remember for great abs it is important to have lower body fat around your stomach areas. For this you need to follow a balanced regular eating pattern in conjunction with regular daily exercise. You can join LyteFit.com for a daily exercise program written out for you each day to download and follow.

We wish you all the very best with your fitness endeavours.

	mon	tue	wed	thur	fri	sat	sun
Week 1	10 exercises once	rest	10 exercises once	rest	10 exercises once	rest	rest
Week 2	10 exercise twice	rest	10 exercises twice	rest	10 exercises twice	rest	rest
Week 3	10 exercise once	10 exercise once	10 exercise once	10 exercise once	10 exercise once	rest	rest
Week 4	10 exercise once	10 exercise three times	10 exercise once	10 exercise three times	10 exercise once	rest	rest

Note: Do all exercises together without much break in between, for exercises twice and three times do all together 1 to 10 then repeat 1 to 10, two or three times.



Abs exercise one: Hold on the toes keeping bum flat, don't sag in the middle. 40 secs.



Abs exercise two: Keep lower back pushed into ground and don't pull the head with the hands, elbow to opposite leg, 10 to 12 on each side.



Abs exercise three: Bring your opposite elbow to opposite knee, 20 in all



Abs exercise four: Bring both knees to both elbows making sure your feet touch the ground again, do 15 to 20 of these.



Abs exercise five: Bring your hands to your shins and down again making sure you finish and start flat on the ground. 10 to 12.

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