

# Lose Flat Belly With Just Minutes Day On Bed Or Mat - Complete Fast And Easy Abs

Are you tired of struggling to lose belly fat? Do traditional workouts seem boring and time-consuming? Well, it's time to say goodbye to all that! With this revolutionary workout plan, you can achieve a flatter tummy and toned abs in just minutes a day, right on the comfort of your bed or mat.



## Lose Flat Belly with just 4 minutes a day on bed or mat, Complete Fast and Easy Abs Workout to get abs and lose fat in just 7 days (Minimalistic Workout Book 3)

★★★★★ 5 out of 5

Language	: English
File size	: 1995 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 16 pages
Lending	: Enabled



This complete abs workout is designed to target all the major muscle groups in your core, including the rectus abdominis, the transverse abdominis, and the obliques. The best part? You don't need any fancy equipment or a gym membership.

## How It Works

This workout plan is based on the principles of high-intensity interval training (HIIT), which alternates between short bursts of intense exercise and brief periods of rest or low-intensity exercise.

HIIT has been shown to be one of the most effective ways to burn fat and build muscle, and it's especially effective for targeting belly fat.

This workout plan consists of a series of exercises that you'll perform for 30 seconds each, followed by 30 seconds of rest. You'll repeat this cycle for 10-15 minutes, 3-4 times per week.

## The Exercises

Here are the exercises that make up this complete abs workout:

1. **Crunches:** Lie on your back with your knees bent and your feet flat on the floor. Place your hands behind your head and curl your torso up towards your knees, exhaling as you come up.
2. **Reverse crunches:** Lie on your back with your legs extended and your feet flat on the floor. Place your hands behind your head and curl your legs up towards your chest, exhaling as you come up.
3. **Russian twists:** Sit on the floor with your knees bent and your feet flat on the floor. Lean back slightly and lift your feet off the floor, keeping your knees bent. Hold your hands in front of your chest and twist your torso from side to side, exhaling as you twist.
4. **Planks:** Start in a push-up position with your forearms on the floor and your body in a straight line from head to heels. Hold this position, keeping your core engaged and your back straight.

5. **Side planks:** Start in a plank position, then roll onto your left side, propping yourself up on your left forearm. Lift your right arm straight up towards the ceiling, exhaling as you lift.
6. **Leg raises:** Lie on your back with your legs extended and your feet together. Keep your legs straight and lift them up towards the ceiling, exhaling as you lift.

## **The Benefits**

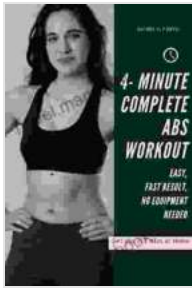
This complete abs workout offers a number of benefits, including:

- Burns belly fat
- Tones your abs
- Improves your posture
- Strengthens your core
- Boosts your metabolism
- Reduces your risk of back pain
- Improves your overall fitness

## **Get Started Today**

If you're ready to lose belly fat and get toned abs, then this complete abs workout is for you. It's fast, easy, and effective, and you can do it right on the comfort of your bed or mat.

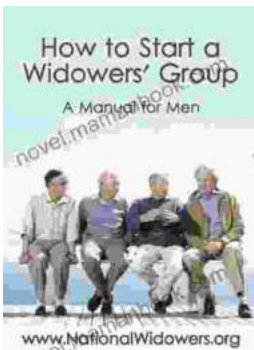
So what are you waiting for? Get started today and see the results for yourself!



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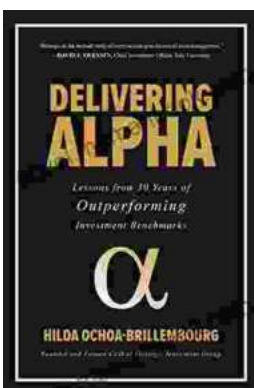
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