

# the ab ripper workout

This quick, do-anywhere core combo consists of 10 simple rounds that sound straightforward but pack a deadly punch. As you fatigue, slow down the half bicycles and focus on pressing the lower back into the mat/floor for maximum core engagement.

If you're new to this type of core work, even just doing 5 rounds of this should be enough to make you feel it. If you want the full challenge, go for 10 and follow it up with some deep stretches afterwards that elongate the entire torso.

**10X:**

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**30 seconds half bicycles**  
**5 seconds rest/transition**

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**30 seconds low plank**  
**5 seconds rest/transition**