

You've just finished a grueling workout. The clang of plates still rings in your ear. Lactic acid is still being pushed out of your muscles. You're moving slower than when you showed up. What's next? You wanna head home and get some food and veg out on the couch. But you know you can't. One more thing has to be tackled. Cardio...

Who likes doing cardio? 40 minutes? An hour? Hell even 15 minutes? No one. That's who likes doing cardio. Yeah. It's the perfect time to zone out and listen to your iPod. But enjoyable? Not in the least.

But is there really any other option? Not really. Gotta get the heart rate up. Gotta keep it up. Gotta sweat. That body fat percentage isn't going to budge otherwise.

So what can you do that doesn't involve trudging along...one foot in front of the other...watching the TV hanging from the ceiling...or...if you're lucky...the perfect ass of the girl on the elliptical machine in front of you?

What if I told you there was a way to keep your heart rate up? What if I told you there was a way to partake in some serious high-intensity interval training while at the same time working on your physique? Would you do it?

Well. Here it is. The answer to hours of cardio. No longer will you be watching the minutes tick away. No more hamster-in-a-wheel routine.

### **CORE AND STABILITY**

No. This isn't some sort of quick fix, melt the fat away in 5 minutes thing. You're going to have to dedicate some time to just be able to get into some of these positions. But, that's part of the fun. You will watch your balance and stability get better each time you try this stuff.

And get over your fear of doing something different. You wanna look like everyone else then train like everyone else. You wanna look different? You wanna look better? Then try new things. Shock your body. And this is the shock you need.

The only way this exercise plan is going to work is by learning to count and concentrate. Get into position and count. Slowly. You want to hold them for 15 second intervals to start. Then rest for 15. Then hold for 15 more. Then rest.

You get to the point where you can do the 15 seconds on 15 off for 5 minutes, then step it up a bit. 30 seconds on 15 off. Then keep increasing the time you hold the moves.

You'll have the whole gym talking when you're holding these moves for circuits that last 20, 30 even 45 minutes with minimal rest between exercises.

And yeah...it's way more fun than the treadmill or the stair stepper. The only problem is you won't be eyeing that nice ass in short shorts...

## GETTING STARTED

First you've gotta make get the feeling for some of these position. There are three basic moves.

- 1) **The plank** - Forearms flat on the ground. Body flat and up on your toes. You want your arms to form a perfect L. Don't rest on your arms. Actively use them. You don't want your ass to raise or fall. Keep your abs tight. Neck stays neutral. Don't worry about looking up or down. Just hold your head in a comfortable position. And breath. When this is easy to hold, try lifting one leg at a time. Then try lifting an arm. Now try lifting the alternate arm and leg. It's all about pushing yourself.
- 2) **The pushup** - Sounds stupid. Everyone's done pushups. Now try them with one leg up. Hold it. Do them incredibly slow...like on a 10 count. Hold the up position for a 30 count. Hold the down position for a 30 count. The whole time keep your abs tight. Never let yourself sag or arch your back.
- 3) **The kneel** - Now, go over and grab one of those big rubber balls. You know the ones all the trainers have people doing things on. The ones you always thought looked stupid. Kneel on it. Seriously. Your thighs and abs are going to hurt like you've never felt. Get to where you can balance up there. Now, try moving around a little. Learn the feeling of using your entire body to hold yourself erect. It's way harder than you think.

## GETTING MORE ADVANCED

Now, you can hold the plank and the pushup. You can kneel on a stability ball without falling off and cracking your face on the cement. Time to turn it up.

- 1) **The plank** - Now, place your forearms on a bench and put your feet up on a stability ball. Hold it. Keep your body flat. It's all about good form. When that gets easy, turn around. Yeah. You read that right. Feet on the bench and forearms on the ball. Pay attention to keeping your arms making that L. Don't rest there. Work. And if this is easy try pushing your arms forward. You'll fire up your core muscles like never before.
- 2) **The pushup** - Keep that stability ball close. It's going to be your friend. Put your feet up on the ball and your hands on the floor. Do your pushups. Turn around again. Hands on the ball with feet on the floor. Do a pushup. Hold it. Start trying to lift a leg. Change it up. Remember to do all the things you did when first starting this workout. Slow counts. Hold the position. It's all about changing it up and getting your heart rate up.
- 3) **The kneel** - You've got kneeling down. Now, grab a set of light weights. No need to get macho. Grab a 5 or a 10. Try some lateral raises. Do some overhead presses. Hold them out in front of you. Knock out some curls. Now do them alternating. It's going to throw your balance off. You're going to have to work to keep everything balanced.

## A CORE STUD

You're knocking out 30-45 minutes of core and stability moves like it's nothing. Everyone's talking to you wondering how the hell you came up with such crazy things to do. Hell, even the girl with the hot ass from the elliptical machine has started eye balling you. Plus, bonus...you're making headway in the body fat department...you're leaning out. Time to turn it up again. Go

over and grab another one of the stability balls...and a medicine ball...and the BOSU (the half ball with a platform on top). It's time to get really crazy.

- 1) **The plank** - Wanna really blow them away? Rest your forearms on one ball and put your feet up on another. You are gonna sweat. You are gonna be shaking. You are gonna be squirrely. But once you do it you're gonna feel incredible. Deep inside your core is working harder than it ever has. Now, try lifting a leg while balancing. Bring your legs in and try to touch the two balls together.
- 2) **The pushup** - Do the same thing you did with the plank. Hands on one ball feet on another. Or, put your feet on the ball and do a pushup with both hands on the medicine ball or the BOSU ball.
- 3) **The kneel** - If you're feeling incredibly daring you can move to standing on the stability ball. Seriously. You want people to wonder what is wrong with you rep out a few squats while standing on the stability ball. Not feeling that daring yet? Kneel on one knee while you put your foot on the ball. Your balance is going to be way off. Kneel and use some of the pulley equipment. Do cable crossovers while kneeling. Do triceps pushdowns while kneeling. Do cable curls while kneeling. The negatives will throw your balance off making you have to work the entire time.

### **THE DOWNSIDE**

These exercises take some time to figure out. There is serious risk to falling. So, take your time. If your gym has mats work on them. You can quickly move from the kick-ass guy doing the cool core stuff to the loser who fell and cracked his head on the incline bench if you're not careful.

And like any exercise. If you do not change it up you will get used to it and plateau.

That said, there's so much you can do with just these three things: the plank, the pushup and the kneel. Be creative. Give it a shot. It is way more fun than an extended session on the treadmill.