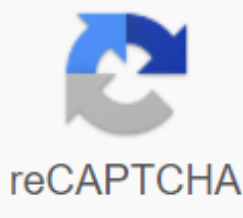




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Ab Ripper X Dailymotion. P90X Ab Ripper X - FREE DOWNLOAD These ab ripper x exercises make up one of the best abdominal workouts around. It focuses on core strength by using the movements of your hips and chest. The ab ripper x workout contains simple exercises which produce painful, yet rewarding results. Ab ripper x part 1 and ab ripper x part 2 should be done every other day, or as much as possible (don't do it if your already in pain from the day before.) Number of Reps Per Exercise: 25 Duration of Workout: Approximately 16 minutes. 1) In and Outs: Sit down on the mat with your legs straight out in front of you. Lift them off the ground. The exercise is to pull them into your chest, and then to straighten them back out. One rep counts as the combination of the pulling in and the straightening out; it can also be done with your hands supporting or in the air. Legs straight, knees in. 2) Bicycles: While in the same position start to move your legs in circles, like you are riding a bike. Do this for 25 seconds, then stop, and do the reverse. Can also be done with hands at the side or in the air. Like you're riding a bike in mid-air. 3) Crunchy Frog: This is exactly the same as In and Outs with one major difference. Put your arms straight out to your sides (in the air), and every time you pull in, you also pull your arms around your knees. In and outs with an arm reach around. 4) Cross Leg/ Wide Leg Sit-Ups: Two ways to do this one. The easier way is to sit down with your legs spread out wide. Next you put your right arm behind your head, and then lift up with your left arm pointing straight in the air. Once you are sitting straight up you touch your left arm to the opposite leg – note that it's important to go straight up first and then over to touch the leg. That's one rep; the second rep is the same thing but opposite arm. This can also be done with your legs crossed. Reach up and over. 5) Fifer Scissors: Lie down with your legs straight. Lift both off the ground. Next lift your right leg as high as you can, keeping it straight. The exercise is switching the left and right leg positions; go back and forth with the right leg straight in the air, to the left leg straight in the air. Always keep both legs off the ground. Scissors in the air with both legs always off the ground. 6) Hip Rock And Raise: Legs bent and feet together; have the knees pointing out from each other. During the exercise, always have the same distance between the knees. Rock backwards and then raise the hips to move upwards. This exercise is all about moving the hips up and down, while using the core to keep the position of your legs intact. Hips up, Hips Down. 7) Pulse Ups: Same as number six, the difference being both legs are straight up in the air. Leave them in that position and just move the hips up and down, up and down. Each up and down counts as one rep. Straight legs, and moving hips. 8) V-Up/Roll Up: Lie down with the legs straight. Do a sit-up and touch your toes. As you pull away from your toes roll up your legs; in other words as you sit back down raise your legs to the air. When you are about halfway sitting down (your arms always remain in the air) touch your toes again. Leave your hands in the air and bring your legs back down. Repeat. Each time you touch your toes counts as one rep. Sit up, and then sit up with legs in the air. 9) Oblique V-Ups: On your side, with your legs at a forty-five degree angle. Arm at your side, and other arm behind your head. Bring legs towards chest, by getting all your weight on to your hips. 25 each side. Crunches on the side. 10) Leg Climbs: One leg is straight up, the other one either half bent or straight in front. Many ways to do this, depends on how your feeling. Can either reach straight up and touch your toes, or you can grab the side of your leg once for support and then touch the toes. Do 14 on each leg. One leg straight in the air and reach up and touch it. 11) Mason Twist: Sit up straight with the knees slightly bent. Bring your feet off the floor. Clutch your hands together in a fist. Then quickly touch each side of your body at a relatively fast pace. Touching both sides once counts as one rep. Do as many as you can.

Pin It Most of us are very well-versed with Tony Horton's P90X by now – that's because, it's known as one of the best workout programs on the planet. Since it first hit the market way back in 2003, it has produced amazing results for thousands of loyal followers. One of the most well-known benefits of the program is the chiseled abs it helps create for many of the people who follow the plan for the full 90 Days. While it's a tough program to stick with, the results truly are amazing for those who have the determination to change their bodies. Below, we'll detail the exact workouts in the P90X Ab Ripper program, but before we do, let's take a quick look at exactly what makes this program so effective at helping build those amazing looking P90X abs we've all seen: PROVEN CORE WORKS: This workout program Tony designed for the Ab Ripper X program have been proven to shred your core fast...stick with it, and you will see results! FAST & FUN: Anyone who has done a Tony Horton workout, knows that he makes things fun! Most P90X workouts take more than an hour, but with Tony leading the way, it's over before you know it! THE RESULTS SPEAK FOR THEMSELVES: Wondering if this stuff works? Beachbody has hundreds, if not thousands, of before and after pictures that show the amazing results P90X has helped people achieve. SUPER AFFORDABLE: Before you go looking for random Ab Ripper X videos online to cobble together your own workout, consider this: With Beachbody On Demand you can get full access to P90X and pretty much every other Beachbody workout program ever created right on your smartphone, tablet, computer, or TV for less than \$10 per month! Ready to get those lean, shredded abs you've always dreamed about? Wednesday, January 29th 2020 SALE UPDATE: As of today, the awesome folks at Beachbody are offering some pretty awesome deals for FlexMasterGeneral.com readers, but they won't last forever! CLICK HERE to Activate Today's BEST Beachbody Deals – Get a FREE On Demand Trial! Like pretty much all Beachbody workouts, P90X is much more than just DVDs, though. When you sign up you get a meal planning guide and diet system to help amplify your results, plus some great bonus workouts. So, let's take a closer look at this ab routine, so you can decide if it's the system you need to finally get that six pack you've been working so hard for: Ab Ripper X: The Key Details When you order the full P90X program, you will notice that it comes with 12 workout DVDs. One thing you need to know right out of the gates, is that P90X is no joke! I ordered the program back in 2007, and I still remember trying it for the first time, even though it has been almost 10 years. It's tough! BUT, if you stick with it, stay committed, and follow the plan, you WILL SEE RESULTS! That, said you're going to earn it. Anyways, back to all of those DVDs that are going to come with your purchase... Each DVD features a different workout and includes things like Yoga, Chest & Back, Plyometrics, and of course, abs – the reason we're all here. Ab Ripper X is the 12th workout in the series, and it's easily one of my favorites. It features a unique combo of movements, that are designed to increase your abdominal strength, while also hitting your overall core as well. It's that killer combo that gives you that coveted v-shape, and helps your abs pop, so you can proudly display that 6-pack you've earned after completing the full program. The Ab Workouts Here's a quick breakdown of the workouts you'll be doing to get so chiseled: 25 In and Outs 25 Bicycles 25 Reverse Bicycles 25 Crunchy Frogs 25 Wide Leg Sit-Ups 25 Fifer Scissors 25 Hip Rock n' Raises 25 Pulse Ups 25 V-Ups and Roll-Ups 25 Right Oblique V-Ups 25 Left Oblique V-Ups 12 Right Leg Climbs 12 Left Leg Climbs 40 Russian Twists Sounds intense, right!? It is, but if you stick with it, you should absolutely see results, and that's what we're all here for, right? Don't worry, either, there are rest periods between each set, so you're not having to go full steam for the entire workout. In total there are eleven ab and core exercise moves, each having at least 25 repetitions. That means you will be cranking out close to 350 moves, so be ready to sweat! Here's a Quick Look at Some Ab Ripper X Moves: Bottom Line While the Ab Ripper X is a great program on its own, each P90X workout certainly isn't intended to be a stand-alone – they work best when used in combination. That means, I would suggest having access to the entire program, if you want maximum benefits. = Beachbody is currently offering the entire program for less than \$60, and that includes everything – all 12 DVDs, their diet plan and meal guide, and some great bonuses, including some extra workout DVDs. If you're really just wanting to try the Ab Ripper program, then the next best option is going with Beachbody's new ON DEMAND service. With their app you can literally stream any workout they've ever released, and it works with services like Roku, Chromecast, and the Amazon Fire Stick. That means you can try all of the P90X programs, a few, or even just one, like the Ab workout. Wednesday, January 29th 2020 SALE UPDATE: As of today, the awesome folks at Beachbody are offering some pretty awesome deals for FlexMasterGeneral.com readers, but they won't last forever! CLICK HERE to Activate Today's BEST Beachbody Deals – Get a FREE On Demand Trial! 10/11/2013 · P90X - Ab Ripper X ve En Çok İzlenen Spor Videoları Videvodo'da. taken from the beach body fitness sampler vol. 2 dvd, here is p90x's ab routine. it's only around 15 minutes, and in p90x you would be doing this exercise 3 times a week.Tác giả: jsportsLượt xem: 15KThời lượng Video: 17 phútP90X AB RIPPER X - YouTube class="c_tlbxTrg">Nhấp để xem trên Bing0:216/14/2011 · P90X AB RIPPER X GET SIX PACK ABS FAST - Sculpt the six-pack abs of your dreams and benefit your health and ...Tác giả: Shaun HortonLượt xem: 21K

