

## **The 3 Best AB Exercises You're NOT Doing**

Below are my 3 favorite variations of the Plank. You can do these as a circuit (if you're advanced) or mix them into your regular routines.

For these exercises you will need your [Valslides](#) and an Airex pad (or other squishy surface).

### **1. Valslide plank with ab/adduction (do 15-20 reps, open/close)**

Put each foot in the middle of a Valslide and then get into the Plank position, with your forearms on the Airex pad. Hold your abs tight as you open & close your legs.



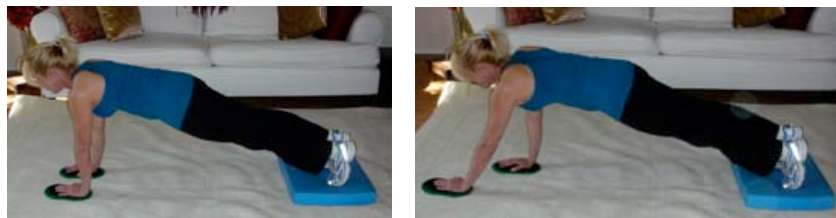
### **2. Valslide mini pike with forearms on Airex pad (do 15-20 reps)**

Put each foot in the middle of a Valslide and then get into the Plank position, with your forearms on the Airex pad. Slowly slide both feet in, keeping your legs straight, butt going up in the air. Slide back into starting position.



### **3. Valslide 1 arm slide with feet on Airex pad (do 12 reps, each hand)**

Put each hand on a Valslide and get into push up position, with your feet on the Airex pad (or Bosu ball to make it harder). Slide one hand forward 3 to 6 inches, pull it back and then slide the opposite hand forward. Alternate hands until you complete all your reps.



If you would like to see more of these workouts, make sure to [follow me on Twitter](#).