

Seven in Heaven

When setting up a SEVEN IN HEAVEN ab routine, remember to mix in a couple exercises that will crunch (focus solely on abs), work the obliques (anything that crunches or holds using your sides), and one or two exercises that will work the back (pretty much any sort of superman).

Seven in Heaven is done by doing 7 exercises for 60 seconds each with zero rest between each. Keep track of the amount of time you spend from dropping and resting and after the 7 exercises, you will do a BRIDGE HOLD in “Hell” for the amount of time you spent dropped from the other exercises.

Sample Seven:

Reverse Superman Hold – dropped for total of 7 seconds

Bicycle Crunch – dropped for a total of 12 seconds

Superman Twists – did not drop

Side Plank Left – did not drop

Side Plank Right – did not drop

Figure Eights – dropped for a total of 15 seconds

Plank Knee Under Twists – dropped for a total of 8 seconds

Bridge Hold in “Hell” for a total of 42 seconds from drops.