

**"The only 10 Ab exercises you need to get a 6-pack" [1984]  
Remastered by Ted D. Chan [2020]  
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When I was a teenager (in the 80s), my bedroom wall was decorated with Athena posters and pull-outs from various magazines like Smash Hits and Muscle & Fitness.

My favourite issue was one that featured Tonya Knight, "The Blonde Bombshell" who was the IFBB Ms. International champion in 1991 and the character "Gold" on American Gladiators from 1989 - 1992.



In the back of one of my favourite fitness magazines at the time was an advert for a thin pamphlet that contained just 10 daily ab exercises that were guaranteed to give you a six-pack! What teenager doesn't dream of having a 6-pack like their hero (mine was of course Bruce Lee). The fact that the pamphlet was very cheap was an added bonus and I posted my order form and payment (a postal order back in those days!) out straight away.

About a week later, I received a very basic black & white pamphlet with images of a man doing exactly 10 ab exercises.

Here are the ab exercises detailed in the pamphlet (as accurate as I can recall - I can't seem to find that pamphlet since I was around 11 years old when I last saw it!)

1. Standing Crossover Toe Touches - I'm not sure how many reps the author of the pamphlet said you needed to do of each exercises, but I'm going to hazard a guess at between 10 and 30. I seem to remember always doing this one incorrectly as I would swing from one foot to the other without fully bringing my upper torso fully upright, before first hinging at the hips into a forward bend, and then rotating my spine so that I could touch my foot with my opposite hand.
2. Standing CrossOver Arm Reaches - These aren't exactly strenuous, but it does get your waist twisting and your spine rotating and is a really good one for forcing your shoulder blades to move up and down and working your serratus. From a standing position, stretch your arm across your body diagonally as much as possible, pointing your fingers into the sky. Repeat on the opposite side.
3. Standing Oblique Crunches - Keeping your torso perfectly perpendicular at all times, raise one arm straight up towards the ceiling and then reach over to one side. Slide the opposite arm down the outside of your thigh to help you stretch as much as possible. Repeat on the other side.
4. Standing Scarecrows - grab a broom handle and place it behind your neck, resting it on your shoulders. Rest your hands gently on the ends of the broom handle. Standing with your feet slightly apart, keeping your torso perpendicular to the floor, twist your upper body as far as it will go (try to point one end of the broom handle directly in front of you) and then spin round the opposite direction, again, as far as you can go.
5. Propellers - Using the same broom handle and starting position as Exercise 3, hinge at the hips until your upper body is parallel to the floor, and then start to spin your arms (locked in place by the broom handle) left, then right as far as you can, increasing your range of motion with each repetition.
6. Crossover Sit-ups (Upper Abs) - With your back on the floor, rest your calves on the seat of a chair with both your hips and knees at right angles. Interlock your fingers behind your head and as you sit up, cross over and touch your elbow to your opposite knee. On your next rep, switch sides.

7. Toe touches (Upper Abs) - With your back on the floor, raise both legs towards the ceiling. Slide your hands up your legs towards your toes.
8. Leg Lowers (Lower Abs) - With your back on the floor, keeping both your legs together, raise them 6' inches off the floor and then lower them to within an inch off the floor. If you want to work your upper abs at the same time, keep your head and shoulders off the floor during the entire exercise.
9. Flutter kicks (Lower Abs) - With your back on the floor, interlock your fingers behind your head, curl your upper torso up as much as possible (try to avoid craning your neck), then keeping both legs stretched out, open your legs out to the side simultaneously, before closing them, but making sure that one leg is slightly above the other, which will allow your lower leg to pass under your upper leg. As you open your legs for the next rep, switch the leg that is underneath the other.
10. Bicycles (Upper and Lower Abs) - With your back on the floor, interlock your fingers behind your head, curl your upper torso up as much as possible (try to avoid craning your neck), then raise one knee towards your chest as you lengthen out the other leg. As you push away and straighten out the leg that is bent, bring the other leg as close to the chest as possible by bending that knee. Repeat.

For some reason (probably because I was 11 and didn't know any better), I followed those 10 ab exercises religiously for over a year every single day, and although I built quite a nice 6-pack, it was never visible, because I didn't realise what "Abs are made in the kitchen" meant until over 36 years later! Doh!

However, my two "take aways" from that year of persistence are:

- a) Try to do your exercises daily. Even if you do 5 mins a day, over a week, that's 35 mins of exercise. Over a month, that's over 2 hours of exercise.
- b) Don't do exercises that you find too difficult or make your workouts too long. If you start to dread your workouts, you'll start to skip them, and before you know it, you're not working out at all.

So, pay attention to the old adage, "Little and often makes much"

I hope you enjoyed this FREE remastered pamphlet on "**The only 10 Ab exercises you need to get a 6-pack**" from 1984.

As I continue my training as a Fitness Instructor and I learn more and more exercises to help condition, strengthen and protect the body, I often look back with fond memories at where and when my love of fitness started. 😊

If you'd like to have a look at AND CONTRIBUTE to my current and also absolutely FREE "work-in-progress": "**Teddy's 50 best exercises for a kick ass body**", go to [icefirefitness.com/free](http://icefirefitness.com/free) and download the latest PDF!

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As always,

***“Listen to your body; give it what it needs!”***

Sending you love and light,

Ted