

Safety and Education
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A 20-Minute Ab Workout to Build a Strong Core

YOU CAN EASILY COMMIT TO UPPING YOUR CORE STRENGTH WITH THIS ONCE-A-WEEK AB
WORKOUT

By Jordan Smith / Published Oct. 29, 2023 / Bicycling.com

Introduction



Dane Miklaus

We get it, your daily to-dos feel never ending and the time you get in the saddle is sacred. But by now, you might know that, as a cyclist, maintaining a [strong core](#) will help you keep cranking out those miles and powering up [climbs](#). And you don't have to commit a ton of time to core work to make those advantages happen.

Case in point: This 20-minute ab workout created by [Dane Miklaus](#), C.S.C.S., founder of [WORK Training Studio](#) in Irvine, California. All you need to conquer this workout is your own [bodyweight](#)—and just one to two 20-minute timeframes per week!

The advantage of doing a 20-minute, concentrated core workout like this—rather than mixing in core work with a [full-body circuit](#) or doing a [shorter abs workout](#)—is to fully fatigue the abdominal muscles to the point of [muscle failure](#), which will lead to improved strength, Miklaus explains.

“You’re working your muscles to the point that tiny microtears occur—after all, exercise is muscle trauma. It’s in the recovery that repair and [growth](#) happen, building those core muscle groups even stronger,” Miklaus says.

How to do it: Perform the circuit below as a 20-minute AMRAP (as many rounds as possible). Aim to complete 3 to 4 rounds. Perform each move for the recommended number of reps before starting a new round. Perform the circuit 1 to 2 times per week, spread about three days apart to give your core ample rest time.

Each Exercise is demonstrated by Miklaus in the video so you can learn proper form. You don’t need any equipment, but an exercise mat is optional.

Click on this address to see a demonstration of each one of these routines demonstrated:

https://hdm-streaming-otfp.hearst.io/a60dac60-50e0-4e9e-820a-7b380ef5555b/video_rover_16x9_240p_sd_1587044889_30501,video_rover_16x9_360p_sd_1587044889_74139,video_rover_16x9_720p_hd_1587044889_5629,video_rover_16x9_480p_sd_1587044889_72146,video_rover_16x9_1080p_hd_1587044889_90334/master.m3u8?subtitle_s=en

1. Plank Mogul

1. Start in a high [plank](#) position, shoulders over wrists and core braced to create a solid foundation.
2. Drawing shoulder blades down, jump both feet toward right hand, bringing bent [knees](#) close to right elbow and landing softly.
3. Jump back to the starting position in high plank, then quickly jump both feet to left hand, with bent knees coming to left elbow.
4. Return to plank. That’s 1 rep.
5. Repeat as fast as possible while maintaining proper core alignment. Do 30 reps.

2. Jack Knife

1. Lie faceup on a mat with legs straight, arms extended straight overhead.
2. Engage core to lift head, neck, and shoulders off the mat as you draw hands and feet toward the ceiling to meet (you may only be able to tap shins).
3. Lower arms and legs slowly, ensuring pelvis does not lift up, keeping [lower back](#) protected and pressed to mat.
4. As you return to starting position, keep core engaged so that hands and feet do not touch the ground.
5. Repeat. Do 15 reps.

3. Side Plank With Toe Tap

1. Start in a side forearm plank with right elbow under shoulder, right forearm flat, left arm extended straight up, and feet staggered.
2. Lift right foot, bending knee to step it in front of left foot. That's 1 rep.
3. Reverse the move to return right foot to starting position. Remember to keep core engaged throughout to prevent hips from dipping or swaying.
4. Repeat. Do 30 reps. Then switch sides.

4. Knee-to-Elbow Forearm Plank

1. Start in a forearm plank position with elbows under shoulders, forearms on the floor, hands in fists, back straight, and abs tight. Engage [glutes](#) and legs to prevent [hips](#) from lifting or dipping so body forms a straight line from heels to head.
2. Draw left knee up to left elbow, aiming to tap knee to tricep.
3. Return to plank.
4. Repeat on the right side, keeping core stable and hips from rotating, performing the move slowly. That's 1 rep.
5. Repeat. Do 20 reps.

5. Stair-Climber Crunch

1. Lie faceup with fingers interlaced behind head.
2. Use core to lift head, neck, and [shoulders](#)—don't pull on neck with hands—to crunch up as you bend right knee, draw it toward chest, and hover left leg off the ground.
3. Lower right leg and upper body to return to starting position. That's 1 rep.
4. Repeat on the left side, crunching up, bending left knee, drawing it toward [chest](#) and hovering right leg off ground.
5. Lower back down. Think: a bicycle crunch without the rotation.
6. Repeat. Do 20 reps.

Okay fellow riders, do those exercises and feel the burn.

Until next week.

Make every ride epic.

Darryl