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# Plank, Please! The Best Ab Workouts

 Sharon Feiereisen  August 26th, 2014  Tweet  1  +1  1  Pin it

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While it would be nice if we could pick and choose where we lose and gain weight, we can't — meaning that spot training on its own is a futile endeavor. Why? When your body needs energy, it doesn't take it from your stomach just because you'd like a flatter belly, it takes it from all over your body. Further, if what you're looking for is a six-pack, you can do all the crunches you want but you're never going to get defined abs with fat covering those muscles — no matter how much you build them up.

An optimal training program will therefore consist of a mix of strength training and fat-burning cardio (HIIT has been proven to work best) and will be complemented by a balanced diet. Don't fall into diet fads — cutting out gluten just because it's popular or only eating fat and never touching sugar will not lead to any long-term changes. The tried-and-true method that most fitness pros adhere to is the 80/20 diet where 80 percent of the time they eat healthfully (fruits, vegetables, lean protein, etc.) and 20 percent of the time they give themselves wiggle room to indulge in their gastronomic vices.

All that said, when focusing on the strength portion of your workout plan, there are moves that work your abs more than others, helping you to tone that specific area of your body.

We turned to Pure Yoga instructor and founder of Bassett's Bootcamp, **Loren Bassett**, to find out exactly what those moves are.

THUMBNAILS

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