

STYLECASTER

How to Get the 'Ab Crack' Everyone's Suddenly Obsessed With

Toes-to-Bar Grab

"Begin by hanging onto a pull-up bar. Lift your feet up so that your toes touch the bar. Hold this position, without swinging, for two counts and then bring your legs back down. Repeat 10 repetitions for three sets."—*Alonzo Wilson, founder of Tone House*

Out and Ups

"Start by lying on your back. Kick your legs straight out an inch off the ground, then bring your knees into your chest, and then shoot your legs straight up into the air. Complete three sets of 50 repetitions each."—*Alonzo Wilson, founder of Tone House*

Windshield Wipers

"Begin by hanging onto a pull-up bar. Bring your feet up so that your toes touch the bar. Move your legs from side-to-side, like a windshield wiper. Do three sets of 10 repetitions each, remembering that left and then right is just one rep."—*Alonzo Wilson, founder of Tone House*