Exercise Descriptions

In-and-Outs – Begin in a beginning in a seated position with an upright torso supported with your hands planted on the ground behind you. To start the movement, slightly lean back and extend your legs (feet together), to finish the movement, crunch your legs and torso back together, trying to touch your knees to your chest.

Russian Twists – This movement is done in a seated position on the ground, knees are flexed and the feet are elevated off the ground throughout the movement. Keeping your arms close to your body, hold a plate or make a fist, and simply twist side to side, making sure you touch the ground next to your hips each time you twist. To maximize results try to minimize the movement in the arms, and twist more; Also, to make the exercise more difficult, lean the torso back more, which causes more strain in the abdominal muscles.

Sit Ups – To do the sit up, start by laying on your back with your feet flat on the ground, from there you simply "sit up" and come back down to the starting position. To make the exercise more difficult, add external weight (holding a plate overhead, or on your chest). Also if possible, try doing sit ups on a decline bench, this variation causes the abdominal muscles to work more.

Leg Lifts – Performed by lying on your back, legs to your side or underneath your glutes. Maintaining firm posture, lift your legs in the air using your abs. It's important to keep your knees extended, and your feet together. Lift your legs up to at least a 90 degree angle, then slowly lower your legs down and repeat. Do not let your feet hit the ground at all during the set, lower legs down a few inches from the ground.

Plank – Planks are done by keeping the forearms on the ground, and elevating the body to make a nice flat "plank". Throughout the movement keep your back nice and flat, your glutes tight, and your legs flexed and extended. At no point in the movement should your hips dip down to the ground, or should they rise up making a rounded back. A variation of the plank is holding the top phase of a push up.

Side Plank – Side planks are performed by the body being supported by the forearm, and outside part of the bottom foot. There should be a straight, diagonal line from the ankles to the shoulder, maintain a tight core and keep your hips stacked over each other, meaning that your body is facing to the side, not up at the ceiling.

Rainbow Ball Slams – To start this movement, be in a standing position, knees slightly bent, feet a little wider than shoulder width, and with a med ball in hands. Each ball slam will be thrown over the top of the head, to the side of each foot, once the ball hits the ground and bounces up, catch it and begin the ball slam to the other side. The pattern of the ball should emulate a rainbow.

Mountain Climbers – Begin in a push up position, with your hands position a little bit forward in front of the head. Start the movement by bringing one leg in to your chest, once the leg reaches this position, it fires back to an extended position as it was in the start, and the other leg then is brought forward to the chest.

Superman – Superman's are performed by lying on the stomach, with arms extended out in front of the head. To do the movement, hold your legs and arms off the ground, keeping your core tight to maintain the position.

Alternating Superman's – This movement begins by lying down as you would to start a superman hold. Each rep is completed by lifting the alternate leg and arm up simultaneously while the other leg and arm rest on the ground. For instance, you would lift the left arm and right leg together, and the right arm and left leg together. Keep a tight core and back while doing these movements. This is a slow and controlled movement; it should NOT be performed fast.

Flutter Kicks – Starting position is the same as it is for leg lifts, to do this movement raise the feet off the ground approximately 6 inches, then "flutter" each foot by raising one foot up about a foot, then bring it down to the start position while the other foot is raised up. The movement can be done slow or fast.

V-Ups – This movement starts with the athlete laying on their back, legs together and extended, and arms extended overhead. To start the movement, crunch your torso up and lift your legs up. The movement is finished by touching the hands to the feet, making a "V" with the body.

Oblique V-Ups – This movement is much like the regular V-Up, except the body is positioned to a side, supported by the forearm. The movement begins with the simultaneous raising of the legs, and the torso. Touch the free arm to the toes at the top position, and then lower down to the start position.

Heel Touches – To start lay on your back, with knees flexed and feet flat on the ground, and your arms to your sides. Then lean your torso side to side, alternate touching each heel with your hands. Try not to crunch upwards during the movement; focus on bending the torso side to side.

Side Bend – Start the movement by standing straight up, feet underneath your hips, holding a weight in one hand (Plate, Kettlebell, etc.). Then lean to the side that is holding the weight, keep your knees straight, only lean with the oblique, once you cannot lean any farther down, raise yourself back up to the straight up standing position you were in before the start of the movement.

Side Crunches – Lay on one side of your body, with the bottom arm flexed supporting the head, and the bottom leg bent and in front of the body. The top leg should also be bent with the foot flat on the ground for support. The movement begins with the body being crunched up about 2-4 inches, at the top of the crunch, squeeze your abs and hold for 2 seconds, then lower back down

to the starting position. This exercise should be slow and controlled, feel the contraction of your abs as you perform each set.

Double Crunch – Start by lying on your back, with hands placed behind your head. Your knees should be bent; thighs should be at 90 degrees relative to the ground. Begin the movement by crunching your upper and lower abs together, and finish with your knees close to your chest, once here, squeeze your abs and hold the position for 2 seconds. This exercise should be performed slow and steady, focus on the contraction of the abs each rep. To maximize flexion of the abs, keep your knees together and close, and have your elbows pointed outward so they don't bump into each other when doing the crunch.

Med Ball Side Throw – Start by standing sideways to a wall, approximately 5 feet away from the wall. Feet should be point straight, perpendicular to wall. Begin the movement with knees slightly flexed, feet shoulder width apart. Then twist your body slightly away from the wall to gain momentum, then twist through and throw the ball at the wall, maintain this position until the ball comes back to you. Catch the ball, keep it close to your body, and repeat that movement for however many repetitions prescribed.

Core / Ab Circuits

#1

20 in-and-outs

50 Russian Twists (25 each)

15 Sit Ups

15 Leg Lifts

60 sec Plank

10 in-and-outs

30 Russian Twists (15 each)

10 Sit Ups

10 Leg Lifts

60 sec Plank

#2

45 Sec Plank

10 Weighted Sit Ups

20 Ball Slams (rainbow)

45 Sec Mountain Climbers

10 Weighted Sit Ups

20 Ball Slams (rainbow)

45 Sec Superman

10 Weighted Sit Ups

20 Ball Slams (rainbow)

45 Sec Flutter Kicks

#3

10 V-Ups

30 Heel Touches (15 each)

20 Side Bends (Left)

20 Alternating Supermans

20 Side Bends (Right)

30 Heel Touches (15 each)

10 V-Ups

#4

**** 2 Rounds ****

60 Sec Plank

15 Side Crunches (Left Side)

30 Sec Side Plank (Left Side)

80 Russian Twists

15 Side Crunches (Right Side)

30 Sec Side Plank (Right Side)

#5

**** 3 Rounds ****

15 Double Crunches

12 MB Side Throws (Right Side)

10 Oblique V-Ups (Right Side)

15 Double Crunches

12 MB Side Throws (Left Side)

10 Oblique V-Ups (Left Side)