

## Sidefits Abs Challenge Exercise Glossary

	Exercise	Week No.	Alternatives
4LR	"No. 4" Leg Raise	2, 3, 4	LR
BR	Back Rows	2	
BA	Ballerina Dip	3, 4	PAR
BC	Bear Crawl	3, 4	
BI	Bicycle	1, 2, 4	RC, SC, CC
BU	Bring it up	3	DIA, C
DIP	Candlestick Dipper	1	
CAT	Catch Your Knees	3	VT, VC, C
COB	Cobra Knee Tucks	1, 2, 4	MC, MCHR
LR	Limbs Raise	4	S
CLR	Contralateral Limbs Raise	2	LR
CC	Criss Cross	3	RC, SC, BI
C	Crunches	1, 2	
DIA	Daimond Crunches	1, 2, 4	C
DBE	Dog-Bird-Extension	3	CLR, S
FK	Flutter Kicks	2	LR, LS
HLB	Hips Lift Bridge	2	
HRC	Hips Raise Crunch	3, 4	LR, 4LR
BKT	Hoppin' Burpee Knee Tuck	4	MC, MCHR
IW	Inchworm	4	S
LR	Leg Raise	1, 4	
LS	Leg Shuffle	1	FK
LFK	Lifted Flutter Kicks	4	FK
LRW	Limbs Raise Wiper	3	LR, S
MC	Mountain Climber	1	
MCHR	Mountain Climber Hips Raise	3, 4	MC
1HLB	One Leg Hips Lift Bridge	4	HLB
P	Plank	1	
PC	Plank Climber	4	P
PHT	Plank Hip Twists	1	
PHR	Plank Hips Raise	2	P
PAR	Pushup Arm Raise	2	BA
PCH	Pushup Crossed Hold	3	SP
PP	Reverse Pushup Plank	2	
RC	Runners Crunch	1, 2, 4	BI, SC, CC
RT	Russian Twist	1, 2, 4	
SC	Scissor Crunch	3	RC, CC, BI
SC	Side Crunch	3	SP

	Exercise	Week No.	Alternatives
SP	Side Plank	2	
SPHR	Side Plank Hips Raise	2, 4	SP
SPKT	Side Plank Knee Tucks	3	SC, SP
SPS	Side Plank Starfish	4	SP
STC	Starfish Crunches	3	VT, C
S	Super(wo)man	1, 4	
BR	The Breakdancer	3, 4	
VC	V-Crunch	4	
VT	V-Tuck	4	VT, C
W	Windmill	3, 4	LR