

ABDOMINAL EXERCISES

Abdominal Routines

Routine 1:

<u>V-Ups</u>	25x
<u>Straight Leg Crunch</u>	40x
<u>Ankle Grabs</u>	40ea. side 3 count
<u>Bicycles</u>	30
<u>Reverse Crunches</u>	32x
<u>V-Sit Scissors</u>	30x
<u>Reg. Crunches</u>	50x
<u>Plank Holds</u>	2x30 sec.

Routine 2:

<u>Crunch w/ Leg Raise</u>	30ea. leg
<u>Ankle Grabs</u>	40ea. side
<u>Knee-to-Elbow Pull</u>	17ea. side
<u>V-Sit Crossovers</u>	30x
<u>Reg. Hip Raises</u>	30x
<u>Off-to-the-Side Toe Touches</u>	30x
<u>Reg. Crunches</u>	50x
<u>Roll Backs</u>	1x10
<u>Supermen</u>	3x10

Routine 3:

<u>Pilates Bicycles</u>	20ea. leg
<u>Oblique Twists</u>	20ea. side
<u>Reg. Hip Raises</u>	15ea. side
<u>Figure 8's</u>	30x
<u>Lotus Crunch</u>	40x
<u>Figure 4 Crunch</u>	30x
<u>Side Hip Raises</u>	15ea. side
<u>Lateral Crunches</u>	25ea. side
<u>Supermen</u>	3x10

Routine 4:

<u>Wood Chopper Circuit</u>	3x20 ea. One x1
<u>V-Sit Hundreds</u>	
<u>Crunch w/ Leg Raise</u>	25ea. leg
<u>Seated Side-to-Side</u>	35x
<u>Supermen</u>	3x10

Routine 5:

<u>Throw Downs</u>	2x20rt,mid,lft =1
<u>Lateral Twists</u>	15ea. side
<u>Backwards Crunch</u>	30x
<u>Straight Leg</u>	
<u>Crunch</u>	40x
<u>Cross Over V-Ups</u>	20x
<u>Plank Holds</u>	2x30 sec.

Routine 6: Swiss Ball Abs

<u>Reg. Crunches</u>	40x
<u>Straight Arm Side-to-Side (w/weight/med. ball)</u>	30x
<u>Around the World(w/weight/med. ball)</u>	15ea. way
<u>Ball-to-Feet V-Ups</u>	30x
<u>Upside Down Crunches</u>	30x
<u>Swiss Ball Pikes</u>	25x
<u>Oblique Twists</u>	25x
<u>Stretch Weighted Sit Ups</u>	25x
<u>Plank Holds</u>	2x30 sec.

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Routine 7: Med. Ball Abs

<u>Toe Touches</u>	30x
<u>Roll Ups</u>	30x
<u>Sit Ups (touch ball to toes)</u>	25x
<u>Sit Up Side-to-Side</u>	20ea. side
<u>Bent Knee Twist</u>	20x
<u>Leg Lifts</u>	30x
<u>Seated Side-to-Side</u>	35x
<u>V-Ups</u>	25x
<u>Supermen(w/ball)</u>	3x10

Routine 8:

<u>Plank Holds (w/plate all sides)</u>	30sec ea side
<u>Straight Leg Crunch</u>	25x
<u>Reg. Crunches</u>	50x
<u>Reverse Crunches</u>	30x
<u>Bicycles</u>	50x
<u>Cross Over V-Ups</u>	20x
<u>Boat Sit Ups</u>	20x
<u>Supermen</u>	5x10

Routine 9:

<u>Inch Worms</u>	10x
<u>Plate Walks</u>	30/ 15ea. side
<u>Toe Touches</u>	40x
<u>Ankle Grabs</u>	25x
<u>Crossover V-Ups</u>	20ea. side
<u>Roll Backs</u>	1x10
<u>Plank Holds (all sides)</u>	45sec. Each
<u>V-Ups</u>	25x
<u>Pointers</u>	4x10

Routine 10: Med. Ball Throw

<u>Full Sit Up w/ Chest Pass</u>	3x10
<u>Full Sit Up w/ Overhead Pass</u>	3x10
<u>Grab and Give</u>	3x10
<u>Seated Side Toss</u>	3x10
<u>Rotating Hand-offs</u>	3x15
<u>High/Low Hand-offs</u>	3x15
<u>Diagonal High/Low Hand-offs</u>	3x15

ABDOMINAL EXERCISES



V-ups (Jack Knives)



Crunches



Bicycles



Toe Touches



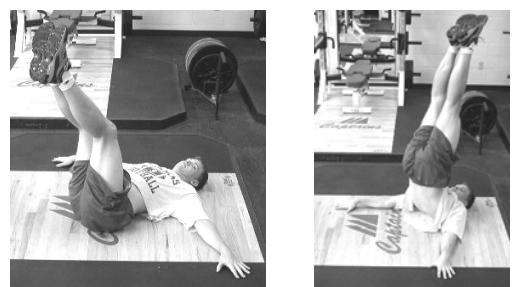
Toe Touches (Off to the side)



Leg Scissors



Leg Raises



Hip Raises

ABDOMINAL EXERCISES



Side Hip Raises



Backward Crunches



Backward Crunches (Off to the side)



Seated Side to Side



Plank Holds



Straight Leg Crunches



Crunch w/Leg Raise

ABDOMINAL EXERCISES



Lateral Crunches



Lotus Crunches



Knee to Elbow Pull



Side Crunches



Lateral Twists



Figure 4 Crunches



Pilates Bicycles

ABDOMINAL EXERCISES



Throw Down



Roll Backs



Ankle Grabs



V-Sit Scissors



Cross Over V-Ups



V-Sit Crossovers

ABDOMINAL EXERCISES



V-Sit Hundreds



Straight Arm Med Ball Side to Side



Inch Worms



PLATE WALKS



ROCKY SIT-UPS

ABDOMINAL EXERCISES



MIDDLE PLANK HOLD



RIGHT SIDE PLANK HOLD



LEFT SIDE PLANK HOLD



BRIDGE



L AND R SIDE PLANK HOLD W/ PLATE



STRAIGHT LEG CRUNCHES



MEDICINE BALL CHEST PASS



OVER HEAD MEDICINE BALL PASS

ABDOMINAL EXERCISES



GRAB AND GIVE



SIDEWAYS SEATED MEDICIAL BALL TOSS



SEATED SIDE TO SIDE HAND OFF WITH MEDICINE BALL



HIGH/LOW



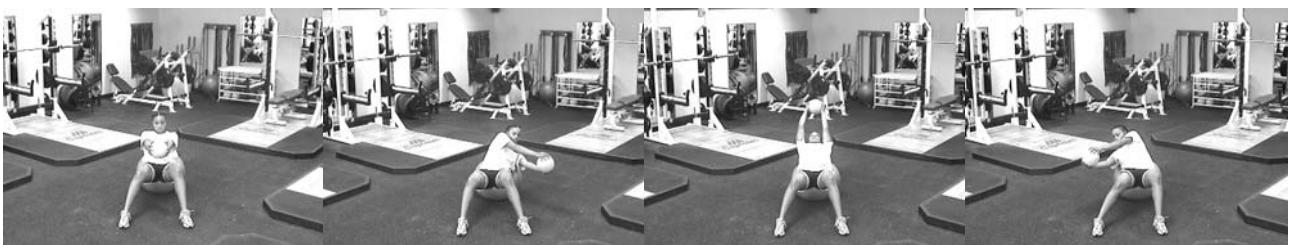
DIAGONAL HIGH/LOW

ABDOMINAL EXERCISES



Figure 8's

(Keep hands under your rear-end, move feet in a tight figure 8 pattern with feet 6" from the ground)



Around the World on Swiss Ball



Ball to Feet V-ups



Roll Ups

ABDOMINAL EXERCISES



Sit Ups (touch ball to toes)



Sit Up Side-to-Side



Bent Knee Twist



Pointers



Upside Down Crunches

ABDOMINAL EXERCISES



Swiss Ball Pikes



Stretch Weighted Sit-Ups

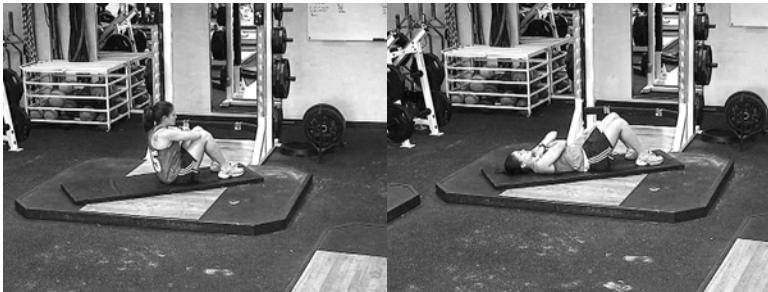


Superman



Superman with Medicine ball or Weight

ABDOMINAL EXERCISES



Situps



Ripaways



Diagonal Woodchoppers