

# ABS WORKOUT



## 1. Dead Bug

Lie down flat on your back on a Yoga mat, with your arms and legs up towards the ceiling.

Take a deep breath and engage your abs. As you exhale, lower your right leg and extend your right arm behind your head. Switch sides and keep alternating legs and arms until you complete a set. Do 8-12 reps/side.



## 2. Plank

Lie face down on the ground with your legs extended, elbows bent directly under shoulders. Clasp your hands. Keep your feet hip-width apart and elbows shoulder-width apart.

Brace your abs, then tuck your toes to raise your body (forearms remain on the ground) to form a straight line from head to heels. Hold for 30-60 seconds or as long as you can.



### 3. Russian Twists

Sit on the floor with your knees bent and your feet off the floor. Placing your hands together, extend your arms straight out in front of your chest. Lean back so your torso is at a 45-degree angle to the floor. Brace your core and rotate to the right as far as you can.

Pause for 1-2 seconds, then reverse the movement and twist all the way back to the left as far as you can. Continue

alternating back and forth until you complete 8-12 reps on each side. Do 2-3 sets



## 4. Bicycle Crunch

Lie flat on the floor on a Yoga mat, with your lower back pressed to the ground and the core engaged. Place your hands behind your ears gently holding your head. Bring your knees toward your chest to about a 45-degree angle.

Lift your upper back until your shoulder blades are off the mat. Be sure not to pull from your neck. Contract your abs and straighten your right leg out to about a 45-degree angle to the

ground while turning your upper body to the left, bringing your right elbow toward the left knee.

Make sure your rib cage is moving, not just your elbows. Switch sides, and continue alternating from side to side to complete one set. Do 8-12 reps for 2-3 sets.



## 5. Side Plank Toe Touch

Get into a side push-up plank position with your hand under your shoulder and your bottom leg slightly in front of your top leg with your bottom foot rested on its outer side. After you

are balanced, raise your top arm up and keep your gaze straight ahead.

Kick your bottom leg up and forward, slightly twisting your upper body to reach your hand to your foot. Return leg to the starting position and repeat. Complete 10-12 reps then switch sides. Repeat and complete 2-3 sets.



A



B

## 6. Side V-Up

Lie on your right side, with your left hand behind your head and right hand on the floor.

Pressing down into your right hand, raise your straight legs off the floor and bring your torso toward your legs.



Lower yourself back to the floor with control. That's one rep. Continue for 12-15 reps. then switch sides and repeat on the other side.



## 7. Diagonal Plank

Start in a plank position, then walk your legs apart until they are a bit wider than your hips. Make sure your hips are lifted, and your body forms a straight line from your shoulders to your heels.

Keeping torso stable, lift your right arm up and slightly out on the diagonal. Hold this position for two seconds, then return to elbow plank. Repeat with the left arm. This completes one rep. Do two 12-15 reps on each side.



## 8. down-Dog Leg Lift

Get into the position of the downward facing dog by getting down on all fours with your hands and feet and raising your right leg up.

Bring your right knee in by pulling it toward your forehead. Tighten your abs and extend your right leg back. This time, bring the knee outside of your right elbow, then fully extend the leg again. Switch legs and repeat. Complete 10-12 reps for 2-3 sets.