Greenlaw Ab Athletikroutine

# Basic Formula

Normallerweise mache ich diese Übungen für 30 Minuten, während deren ich jede Übung für eine Minute mache, und danach wechsele ich zu der nächsten Übung in der Gruppe. Natürlich, manchmal gibt es nicht genug Übungen zu tun, eine andere Übung für jede Minute zu haben, und deshalb wäre es O.K. eine Übung wiederzuholen in der Athletikroutine. Das gesagt, hier steht mögliche abdominale Übungen auf Englisch:

* Front Plank
* Right Side Plank
* Left Side Plank
* Ins and Outs
  + You sit while lifting your torso from the ground while extending your hands above your head and then, knees bent and at the chest, you extend your legs until your knees are locked, and then bring back into the bent-knee position; this cycle is done repeatedly.
* Crunchy Frogs
  + This is the same as ins and outs, but this time, when you bring your knees in toward your chest, you collect your arms together in the shape of a hug that hovers around your knees. When you extend your legs, your arms should fall in the same plane as your torso and make a T shape like a scarecrow.
* Bicycles
* Counter-clockwise Bicycles
* Flutter Kicks
* Scissor Kicks
* Leg Lifts
* Hovering Legs
  + Eh, I never really gave this one a name, so we’ll see how this works. But this is where your legs are straight and hover very low above the ground for the duration of the interval
* Gator Twists/Mason Twists/Russian Twists/Whatever fitness trainers decide to call it these days
* Small Leg Circles
* Counterclockwise Leg Circles
* Large Leg Circles
* Counterclockwise Large Leg Circles
* Hip Rock and Raise
  + Eh, I’ll explain this one in person
* Crunches,
  + which by the way, are honestly an extremely ineffective exercise, but if you’re in the middle of the workout and can’t think of an exercise to switch to at the end of the interval, this is a good one to remember so you can stay moving
* Oblique Dips/Side Humps, which I will definitely explain in person