

## Core/Abdominals

### Day 1

#### *Tips:*

- *Total control of the torso is necessary to get the most benefit out of these exercises. Slow and controlled motion is required on all exercises*
- *You are not looking for speed. On applicable exercises, hold your position and isolate the muscles before proceeding on to the next repetition.*

### Lower Abdominal Exercises

1 set 25 secs

#### **Leg Raises**

Hands under hips, legs straight, feet do not touch ground



1 set 15 touches each leg

#### **Alternating Pikes**

Same as pikes except opposite hand to opposite foot



**Obliques (Twisting Exercises)** – work the external upper abs

1 set 20 each side

#### **Side Crunches**

Lie on one side,  
Raise torso “up” toward ceiling  
At end of set hold for 10 sec. (isometry) then do 10 smaller crunches



**Upper Ab Exercises** – work the upper abs only

**1 set of 20**

**Crunches: Beginner**

- Start by laying flat on your back, and bend your knees so your feet are flat on the ground.
  - Slowly lift your shoulders off the ground, forcing your chest to move towards your knees.
  - Stop when back is 30° off ground
  - Hold for at least 1 second
  - Slow return
  - Entire rep should take 2 sec.
  - A great way to picture the movement is to pretend someone has a string attached to your upper chest. As they stand above you they pull on the string, forcing your shoulders off the ground.
  - Keep your head looking up and try not to flex it forward.
  - Keep your arms crossed on your chest.
- 25-50 reps.



**1 set of 15 touches each leg**

**Bicycle**

Quickly touch opposite elbow to opposite knee,  
(Similar to ½ Twist, only knees move as well)  
Extend legs straight, feet up

**Back Exercises** – Be sure to work back muscles which “oppose” and balance ab muscles

**1 set of 20 reps**

**Superman Push-ups: Beginner**

- Start by laying face down on the floor.
- Simply raise your body so that your toes and your elbows/forearms are the only areas of your body touching the floor.
- The elbows should be located directly below the upper chest.
- Hold for several seconds and let yourself back down.



15-20 reps

Hold for 30 seconds before moving on to next level

## Core/Abdominals

### Bridging Exercises

#### 1 set of 60 seconds

##### Back Bridge

Sit-up position.

Push hips toward sky.

(Shoulders remain on ground)

Hold at top with knees, hips and shoulders in a straight line.

Hold 1:00-3:00



#### 1 set of 30 seconds each leg

##### One-Legged Back Bridge

Same as Back Bridge only...

Straighten one leg keeping knees together.

Hold 0:30-2:00

Repeat for alternate leg.



#### 1 set of 30 seconds

##### Side Bridge – Bent Arm

On side, extend arm out 90° with elbow bent and forearm on the ground.

Keep body in a straight line.

Hold 0:30-2:00

Repeat for alternate side



## Core/Abdominals

**1 set of 45 seconds**

### Superheroes

Lying face down on floor with arms together pointed straight away from head, in line with body.

Raise arms and legs a couple of inches off the ground.

Hold 0:45-1:30



### Rotation

**1 set of 10**

### Pendulum Swings

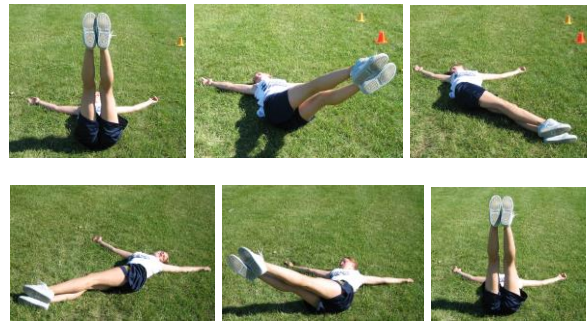
Start lying on back with arms spread out to sides in line with shoulders.

Legs are straight, together and pointing straight up above the hips.

Keeping legs straight and together, swing toes down to touch ground on one side of body.

Return legs back above hips.

10-15 repetitions each way.



### Upper Body:

**Dynamic Flexibility** (see Dynamic Flexibility in Warm-up Section)

Front Shoulder Rolls

Back Shoulder Rolls

### Dynamic Flexibility/Strength Exercises

#### Front Crawl

Knees off ground  
Butt higher than the shoulders  
The majority of weight should be on the arms  
Perform the crawl in slow controlled manner

**1 Set of 5 minimum – go for maximum**  
**Regular Push-ups**

**1 Set of 5 minimum – go for maximum**  
**Narrow Arm Push-ups**

**1 Set of 5 minimum – go for maximum**  
**Controlled Push-ups** (up full, ½ down, down full, ½ up, up full)