

Core/Abdominals

Day 2

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 of 20

Pikes

Arms/Legs straight,
Reach to touch ankles above torso,
(Both legs and arms move toward each other)
Don't touch ground



1 Set of 30 seconds

Vertical Flutter Kicks

Straight legs,
Quickly scissor kick legs up and down



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

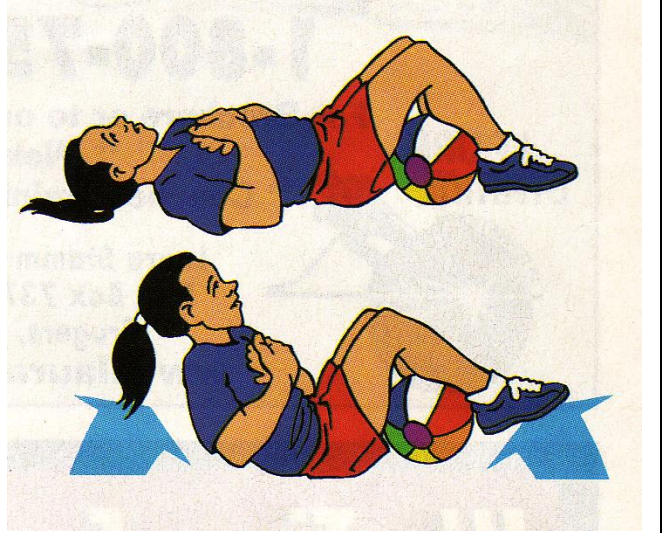


Upper Ab Exercises – work the upper abs only

1 set of 20

Crunches: Intermediate

- Find a beach ball or a Swiss training ball, if you have access to one. If not, you may even use a basketball or soccer ball.
- Position yourself as described above. Place the ball under your knees so that you can pinch the ball with your feet up against the back of your legs.
- Simply perform the crunch as described in the beginning section, but now you also want to lift the ball off the ground as you raise your shoulders off the ground.
- This does two things. First, it allows you to work the very important lower core muscles. Second, it allows you to focus on your core muscles without working the upper leg muscles that are often worked when doing crunches and sit-ups.
- To work the obliques, simply twist your knees as your feet come off the ground and again attempt to touch opposite elbow to knee.



1 Set of 15

1/4 Sit Ups

- Sit up position, knees and hips at 90° bend,
- Raise and lower torso as quick as possible
- Difference is “UP” with torso rather than “to the knees” as with crunches



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

1 set of 20 seconds

Superman Push-ups: Intermediate

- Perform the same exercise as described in the beginner section but now move your elbows out farther from your feet, more towards the top of your head. This will create more stress on the core muscles.
- Make sure your midsection does not “sag” while you perform this exercise.
- The farther you move your arm out towards your head, away from your body, the more difficult the exercise.



Variation: **Obliques:** To place more stress on the oblique muscles you may want to move your upper body to the left as far as possible and then to the right as far as possible while staying on your elbows.

Bridging Exercises

1 Set of 60 seconds

Lift Bridge

Sitting on floor, torso vertical with legs straight.

Hands positioned below shoulders.

Push hips toward sky while straightening arms.

Only palms and heels remain on ground

Keep body flat – heels, knees, hips and shoulders in line

Hold 1:00-3:00



1 Set of 30 seconds

Alternate Leg Lift Bridge

Sitting on floor, torso vertical with legs straight.

Hands positioned below shoulders.

Push hips toward sky while straightening arms.

Straighten out one leg so it is parallel to ground.

Hold 0:30-2:00

Repeat for alternate leg



1 Set of 30 seconds

Side Bridge – Straight Arm

On side, extend arm out straight with palm on the ground.

Keep body in a straight line.

Hold 0:30-2:00

Repeat for alternate side



Core/Abdominals

3X Left Arm/Right Leg Hold for 10 sec. then Right Arm/Left Leg Hold for 10 sec.

Alternating Superheroes

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

Raise left arm and right leg 1-2 feet off of ground.

Hold 10-20 sec. then alternate to right arm and left leg for 10-20 sec.

3X each



Rotation

1 set of 10 CCW

1 set of 10 CW

Leg Circles

Hands under hips, legs straight, feet do not touch ground (similar to leg raises)

Keeping legs straight, together and off the ground at 30°, swing legs in a counter-clockwise motion around your torso.

Try to maintain feet at constant height as low as possible.

10-15 circles each direction (CCW & CW)



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, 1/2 down, down full, 1/2 up, up full)