

ABDOMINALS

PLANK CRUNCHES



1. Begin in a plank position with your back straight.



2. Bring one knee to the same side of your elbow and repeat on the opposite side.

LEG RAISES



1. Lie on your back and raise your feet a few inches off the ground.



2. Bring your legs up to make a 90 degree angle and then back down without letting them touch the floor.

CRUNCHES



1. Lie flat on your back with your feet flat on the ground. Push the small of your back down and begin to roll your shoulders off the floor. Focus on contracting your abdominals.



2. As you do the exercise make sure to keep your core tight at all times, then release and return to starting position.

PLANK



1. Lie face down with your forearms on the floor and your elbows directly beneath your shoulders. Keep your feet flexed with the bottoms of your toes on the floor. Lift torso away from the floor so that only your forearms and toes touch the floor.

HEEL TOUCHES



1. Lie on your back while keeping your core engaged and slightly bend the left side of your abdominal reaching for the side of your heel.



2. Repeat for the opposite side.

TWISTING CRUNCHES



1. Position your hands behind your head (fingers interlocking) with your elbows pointing outward.



2. Come up as high as is comfortable for you, twist your torso, directing your right elbow toward your left knee. Repeat on the other side.

MOUNTAIN CLIMBERS



1. Start with your body in a straight line and your hands slightly wider than shoulder-width apart.



2. Bring one knee up toward the center of your stomach and then quickly alternate between legs.



3. Continue alternating until set is complete.

FLUTTER KICKS



1. With your back flat on the ground begin with your feet elevated.



2. Raise your toes on one foot as you lower the heel of the other foot.



3. Switch feet and do the other side. Keep alternating feet.

CYCLING CRUNCHES



1. Lie on the floor.



2. Place hands behind your head. Raise your legs and touch one elbow with your opposite knee.



3. Do the same with the opposite leg and elbow.

RUSSIAN TWISTS



1. Start seated with knees bent and lean back slightly and lift the feet a few inches off the floor.



2. Slowly twist the torso to the right and bring your hands together beside the right hip.



3. Return to center and repeat with the other side.

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”

-HENRY FORD