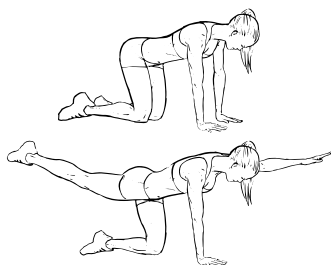


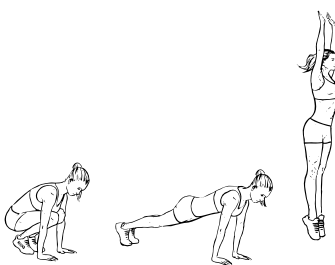
Core Dumbbell/Stability Ball 1

Abs, Back, Legs

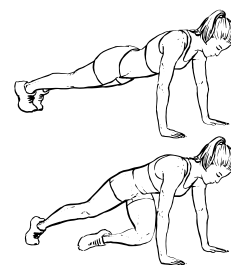
Bird Dogs / Alternating Reach & Kickbacks



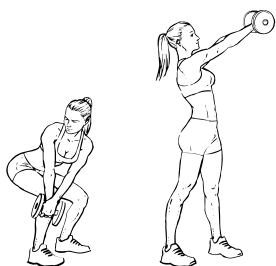
Burpees / Squat Thrusts



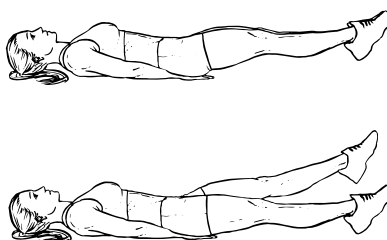
Cross Body Mountain Climbers



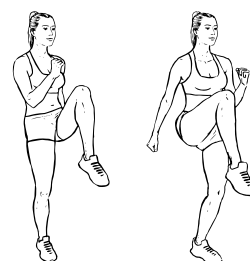
Dumbbell Chops



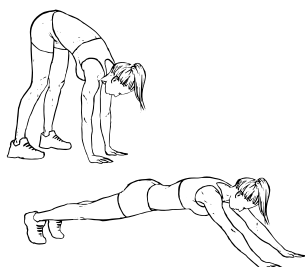
Flutter Kicks



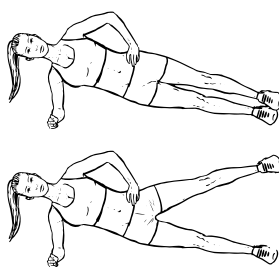
High Knees / Front Knee Lifts / Run / Jog on the Spot



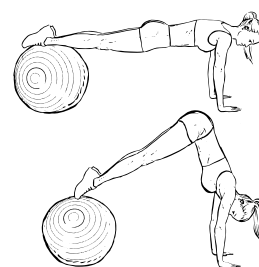
Inchworms / Walkouts

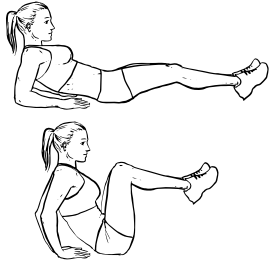
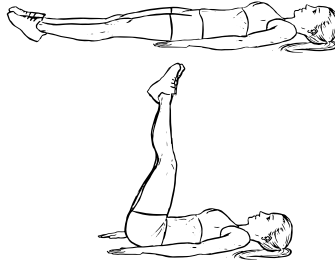
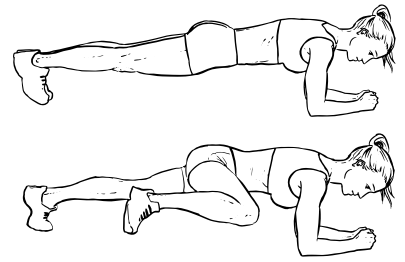
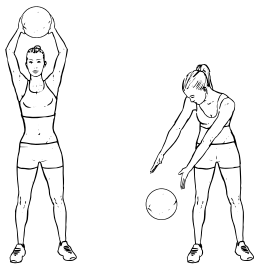
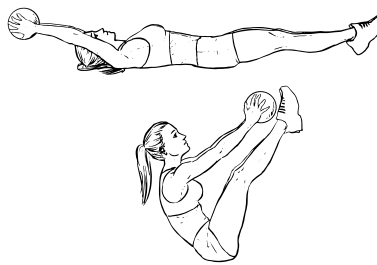
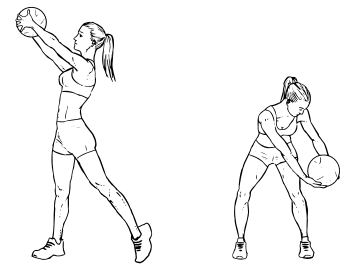
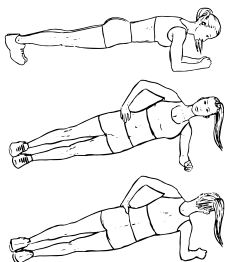
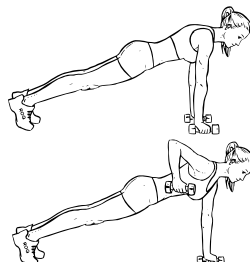
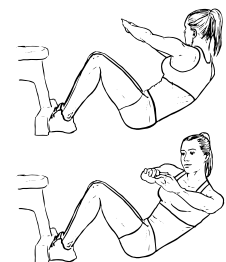


Side Plank Leg Raises



Stability / Swiss / Exercise Ball Ab Pike Press



Leg Pull-In Knee-ups**Lying Leg Raises / Lifts****Plank Knee to Elbow****Medicine Ball / Alternating Side Slams****Medicine Ball V-Ups****Medicine Ball Woodchops / Chops****Plank Rolls / Planks****Renegade / Alternating Plank / Commando Rows****Russian / Mason / V-Sit Twists**

Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

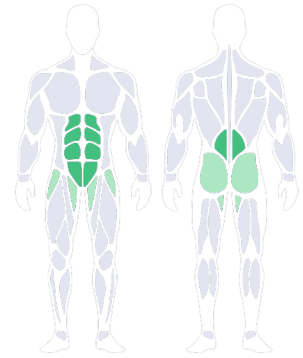
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Burpees / Squat Thrusts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

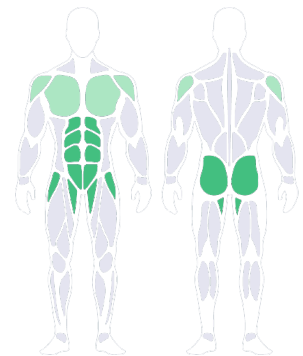
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



Cross Body Mountain Climbers

Primary muscle group(s):

Obliques

Secondary:

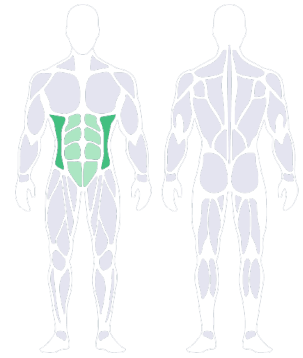
Abs

Assume a push-up position. Core is tight. Back is flat. Hands are underneath the shoulders. Head is in neutral position.

Bring one knee up towards your chest and twist towards the opposing elbow. (Ex: Right knee to left elbow.)

Contract the core and return the leg to the starting position.

Alternate between legs.



Dumbbell Chops

Primary muscle group(s):

Hamstrings, Obliques, Quadriceps

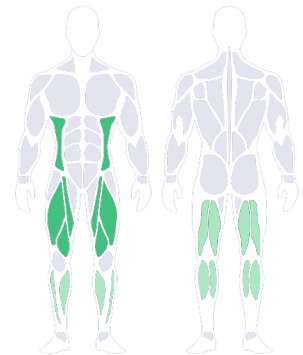
Secondary:

Calves, Hamstrings

Secure a firm grip with both hands on an appropriately weighted dumbbell. Place your feet shoulder-width apart. Begin by moving the dumbbell up and over towards your right side.

Twist your body to bring the dumbbell down and to the left. Bend at the knees and drop your hips slightly. Make the motion of placing the dumbbell on the ground.

Repeat the movement, taking the dumbbell back up and overhead. Keep your arms straight throughout.



Flutter Kicks

Primary muscle group(s):

Abs

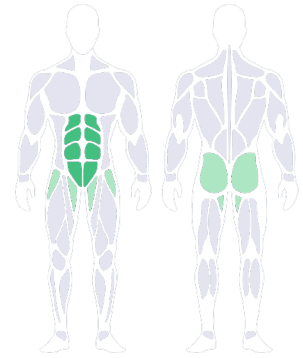
Secondary:

Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

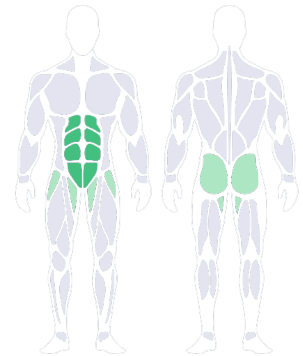
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

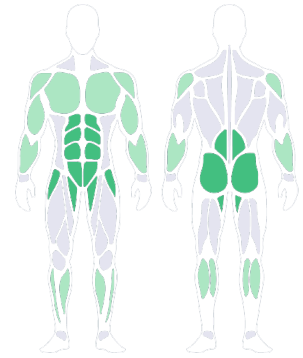
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Side Plank Leg Raises

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

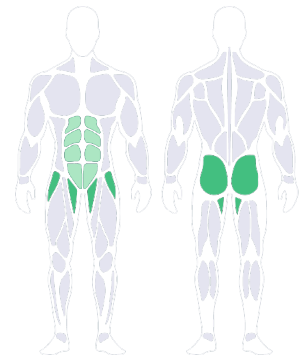
Abs

Using an exercise mat, lay on your side grounding your forearm and elbow, perpendicular to your body, at a 90-degree angle. Your upper arm should run parallel along your body.

Straighten your legs so that one foot rests on top of the other and using your grounded arm, drive your body upwards so that only your lower foot and lower arm are in contact with the floor.

Brace your core to maintain this side plank position and then slowly lift your upper leg, keeping it straight, away from your lower leg to create a 20 - 30 degree angle.

Lower your leg back down to the starting plank position; this completes one rep.



Stability / Swiss / Exercise Ball Ab Pike Press

Primary muscle group(s):

Abs, Glutes & Hip Flexors

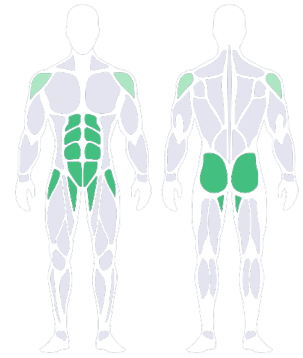
Secondary:

Shoulders

Get into a push-up position, resting the tips of your feet on a swiss ball. Keep your legs straight behind you.

Bend your hips and pull your feet towards your chest, allowing the ball to roll forward. Hold.

Slowly roll back to the starting position and then continue rolling forward and backwards for the desired amount of repetitions.



Leg Pull-In Knee-ups

Primary muscle group(s):

Abs

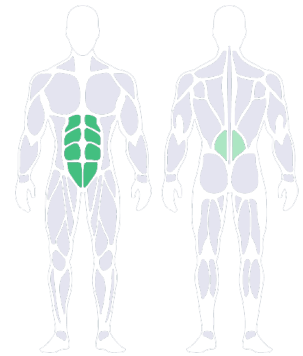
Secondary:

Lower Back

Lie flat with hands under your buttocks.

Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).

Hold and then slowly return to starting position.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

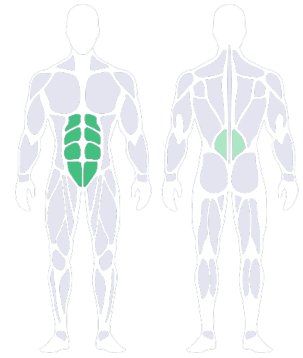
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Plank Knee to Elbow

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Obliques, Shoulders

Lay face down on the ground with extended legs.

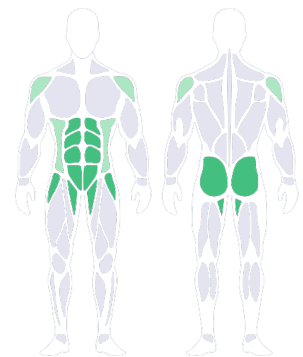
Point your toes while you place your hands beneath your shoulders.

Push yourself up into the plank position.

Maintaining a tight core and flat back, bring your left knee to your right elbow.

Pause and slowly return each to the starting point.

Repeat with the other side and keep alternating.



Medicine Ball / Alternating Side Slams

Primary muscle group(s):

Abs, Middle Back / Lats, Obliques

Secondary:

Glutes & Hip Flexors, Quadriceps, Upper Back & Lower Traps

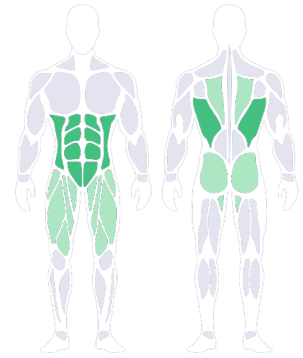
Stand with your feet slightly wider than shoulder width apart and hold the medicine ball just below your chest.

Lift the ball high above your head, taking care to maintain a firm hold.

Bring the ball down to a slam on the right side of your body.

Squat to pick up the ball, being sure to bend your legs, and bring it back to the starting position.

Repeat the movement on the opposite side.



Medicine Ball V-Ups

Primary muscle group(s):

Abs

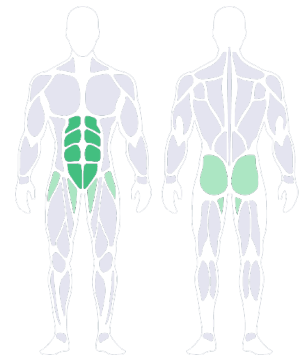
Secondary:

Glutes & Hip Flexors

Lie face up on with a medicine ball between your hands and your arms extended behind you. Keep your arms and legs straight and then raise your feet an inch off the floor.

Raise your torso and legs up at the same time and touch the medicine ball to your feet. Hold for a moment.

Lower down to starting position with arms and ball behind your head.



Medicine Ball Woodchops / Chops

Primary muscle group(s):

Obliques

Secondary:

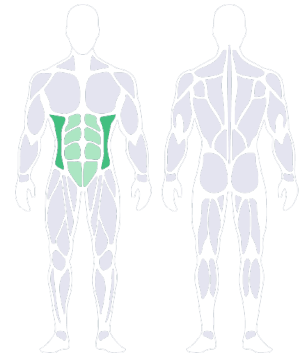
Abs

Stand with your feet no wider than shoulder width apart and hold the medicine ball with one hand at either side in front of your chest.

Rotate your body from the waist up to the left side and raise the medicine ball over your left shoulder, not quite fully extending your arms. Be sure to get extra reach by pointing your right toe.

Using a chopping motion, bring the ball diagonally across the front of your body so that the ball ends on the outer side of your right shin.

Bring the ball straight up the right side of your body and again move diagonally across your body once again to complete the motion.



Plank Rolls / Planks

Primary muscle group(s):

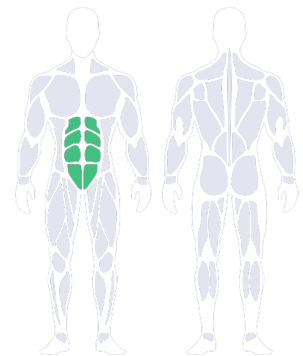
Abs

Lock yourself in the plank position ensuring that your body forms a straight line from shoulders to heels.

Bring your feet together and simultaneously transfer your weight onto your left arm.

Allow your feet to slowly tip over as your body rolls into a side plank in a controlled fashion.

Reverse the motion back to the full plank before transferring to your right side.



Renegade / Alternating Plank / Commando Rows

Primary muscle group(s):

Lower Back, Upper Back & Lower Traps

Secondary:

Abs, Biceps, Chest, Triceps

Place two dumbbells or kettlebells on the floor about shoulder width apart.

In a push up position, place your hands on the grip section of each bell for support.

Spread your legs to slightly wider than hip width apart with your toes supporting your weight. This is the start position.

Push down through one bell and at the same time “row” the opposite one upwards by retracting your shoulder and bending your elbow.


Hold for a count of one.

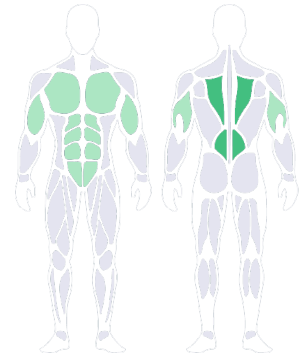
Your breathing should remain constant throughout the movement.

Lower the bell to the floor and without pause, then repeat the movement with your other arm.

When you have rowed both arms, that is one repetition.

Repeat for the desired number of repetitions.

 This is an advanced level exercise. Lower strength and poor form has the potential for injury to the middle and lower back and wrists.



Russian / Mason / V-Sit Twists

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.


Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

 As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.

