

ABS - Ball Incline Crunch

Image 1 - Start



Image 2 - End



Starting Position: Position Your upper back against the top of an exercise ball with your feet flat on the floor. Roll the ball forward slightly while dropping your hips. Your chest should be at an incline. Movement: Exhale as you crunch your upper body down. Inhale as you return to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - Ball Skiers

Image 1 - Start



Image 2 - End



Starting Position: Get into a push up position with an exercise ball under your lower legs, and your hands flat on the floor. Keep your back straight. Movement: Exhale as you bend your knees and twist them down one side of the ball. Inhale as you return your knees to the starting position. Exhale as you bend your knees and twist them on the other side of the ball. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - Full V-Up

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back on an exercise matt with legs straight out in front of you. Straighten your arms behind your head. Movement: Exhale as you lift your arms over your head while you lift your legs up off of the ground. Reach up towards your toes. Inhale as you slowly lower yourself back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - Kneeling Rope Crunch

Image 1 - Start



Image 2 - End



Starting position: Attach the ropes to an upper pulley. Kneel facing the pulley and grip a rope with each hand. Lower your hands until they are even with your ears. Movement: Exhale as you curl your upper body towards your knees, and then inhale as you slowly return to the starting position. Remember to squeeze your abs, and repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		50
Set 2	12		60
Set 3	12		60

ABS - Ball Pike Tuck

Image 1 - Start



Image 2 - End



Starting Position: Position your feet on an exercise ball and firmly plant your hands into the floor. Movement: Exhale as you straighten your arms, legs and back while pressing your hips up into the air. Your body should resemble an upside down V. Inhale as you return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - V-ups

Image 1 - Start



Image 2 - End



Starting Position: - Sit on an exercise bench with your buttocks close to the end; place your hands 6 - 12" behind your buttock grasping the side of the bench for support. Lean back to a 45 or 60 Degree angle. Placing your weight on your arms, extend your legs out until they are level with the floor Movement: - Exhale - Slowly curl your torso bringing your knees and upper body close together, while contracting your abdominal. Inhale as you slowly release your legs, returning them to the starting position. Repeat

Set Name

Reps / Time

Weight / Level

Set 1

25

at

0