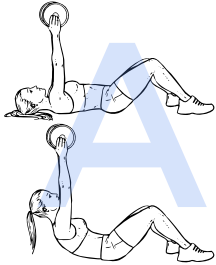


8 minute core

6 min · Abs, Legs

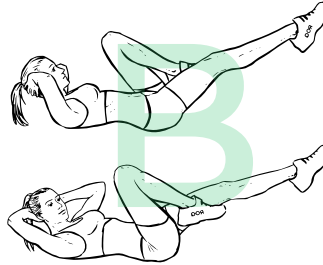
Resistance/Weighted Crunches



12 sets 3 reps

Superset A1

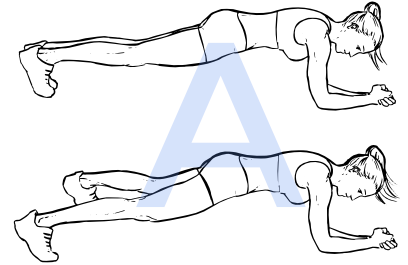
Bicycles



12 sets 3 reps

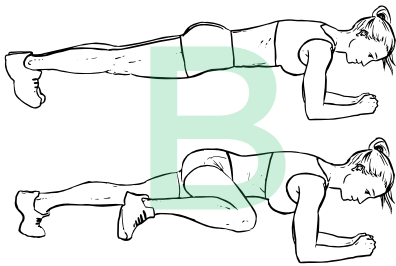
Superset B1

Plank Jacks



Superset A2 · 45 second hold

Plank Knee to Elbow



12 sets 3 reps

Superset B2



Resistance/Weighted Crunches

Primary muscle group(s):

Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Hold a plate, dumbbell, kettlebell, or medicine ball securely above your head.

Keep your elbows locked.

Push your back down flat into the floor to isolate your abdominal muscles.

Gently curl your shoulders forward and up off the floor.

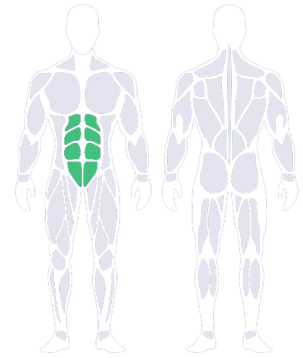
Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.

 Make sure the weight is held very securely!



Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor..

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

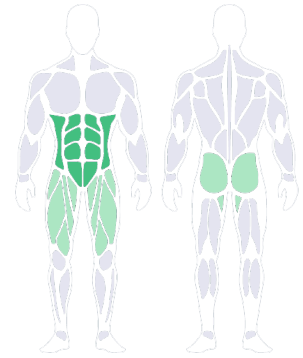
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

! Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.



Plank Jacks / Extended Leg

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Lower Back

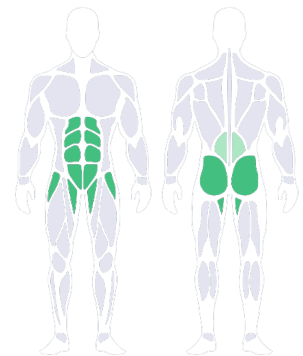
Get into a pushup position with hands under shoulders and body straight from head to toes.

Engage your core and bend your elbows, keeping them in towards the body.

Lower your body towards the floor.

Straighten your arms and quickly jump the feet forward to outside of the hands.

Jump back 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.

