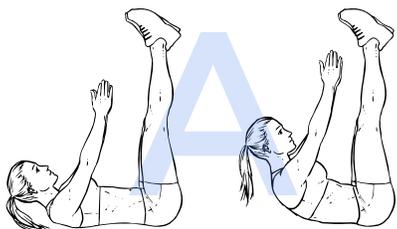


8 minute Core

8 min · Abs

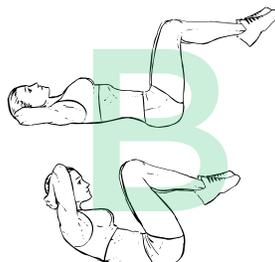
Toe Reaches



12 sets 3 reps

Superset A1

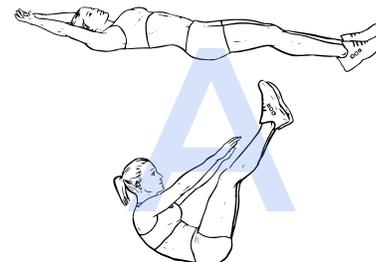
Double Crunches



12 sets 3 reps

Superset B1

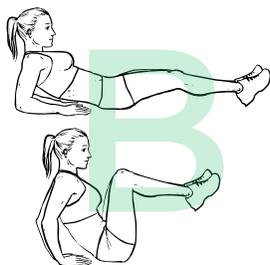
Jackknife Sit-up



12 sets 3 reps

Superset A2

Leg Pull-In Knee-ups



12 sets 3 reps

Superset B2



Toe Reaches / Crunches

Primary muscle group(s):

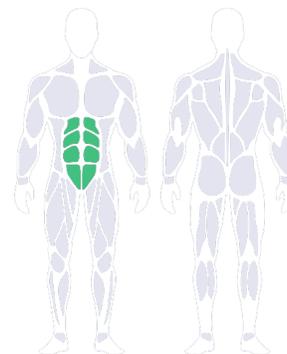
Abs

Lay on a yoga/exercise mat or towel with your back flat on the floor and your legs straight and in the air with the soles of your feet facing up.

Outstretch your arms above your chest so that they run parallel to your legs.

Lifting your shoulders off the floor, reach up and touch your toes with your fingertips.

Lower your shoulders back to the floor to complete one rep.



Double Crunches

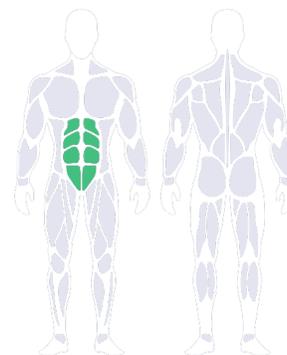
Primary muscle group(s):

Abs

Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground.

Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest.

Pause and return to the starting position.



Jackknife Sit-ups / Crunch / Toe Touches

Primary muscle group(s):

Abs

Secondary:

Glutes & Hip Flexors

Lie flat on an exercise mat, extending your arms straight back behind your head.

Fully extend your legs also. This is the start position.

Bend at your waist and at the same time, raise your legs and arms to meet in a closed jackknife position. Exhale as you do this.

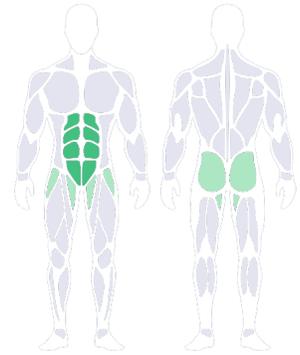
At this point, your legs should remain fully extended at between 35-45 degrees from the floor.

Your arms should be fully extended, parallel to your legs.

Your upper body should be raised off the floor.

Return to the start position by lowering your arms and legs back to the floor, exhaling as you do so.

Repeat.



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.

