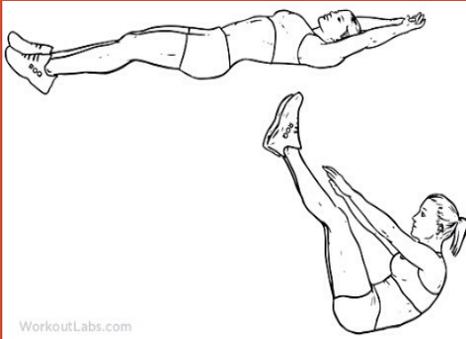


These are to be done consecutively with no rest between each plank. Depending on your ability level hold each plank for 30, 45, 60 or 90 seconds each before starting the next plank. Once you can complete all planks without failure for a given amount of time, increase time spent on each plank. Do two to three sets w/ 2 min rest between sets.

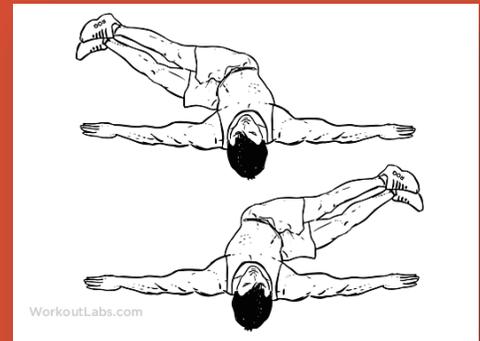
V-Crunch



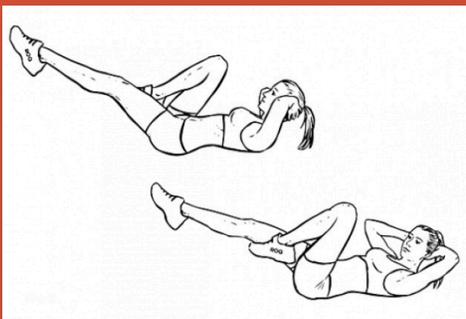
- 1) Lie flat on the floor with the lower back pressed into the ground and arms extended behind your legs
- 2) The back of the shoulders should touch the floor and the palms face the ceiling. Keep the feet together and the toes pointed at the ceiling
- 3) In one movement lift the legs up keeping them straight and raise the upper body of the floor reaching for the toes with your hands
- 4) Engage and squeeze the abdominal muscles as you reach for your toes. Slowly lower the body back down to the starting position

Windshield Wipers

- 1) Lie on your back with your arms by your sides, legs extended 90-degrees off the ground.
- 2) Drop your legs to the side without touching the ground. Return to starting position.
- 3) Drop your legs to the other side. Each time you drop legs both sides is one repetition.



Bicycles



- 1) Lie on your back with fingertips behind ears, legs in the air, and knees pulled toward chest. Target your sides and entire ab area by contracting as you lift your shoulder blades off the ground.
- 2) Straighten your right leg at a 45-degree angle and rotate your upper body to the left, bringing the right elbow toward the left knee. Switch sides by straightening your left leg, bending your right leg, and bringing the left elbow to the right knee.
- 3) Alternate sides in a pedaling motion.