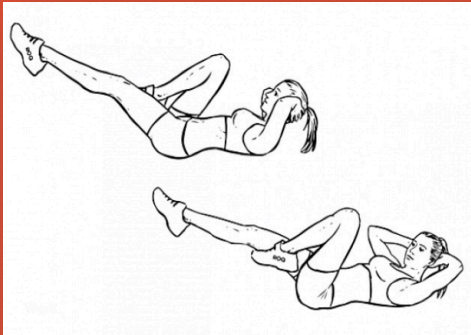


These are to be done consecutively with no rest between each plank. Depending on your ability level hold each plank for 30, 45, 60 or 90 seconds each before starting the next plank. Once you can complete all planks without failure for a given amount of time, increase time spent on each plank. Do two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

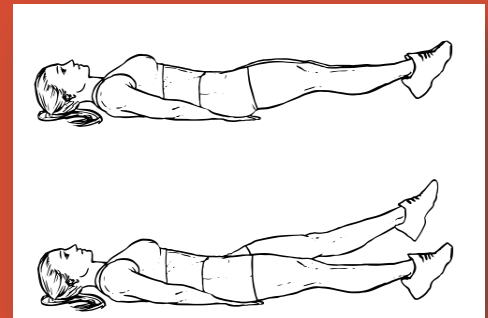
Bicycles



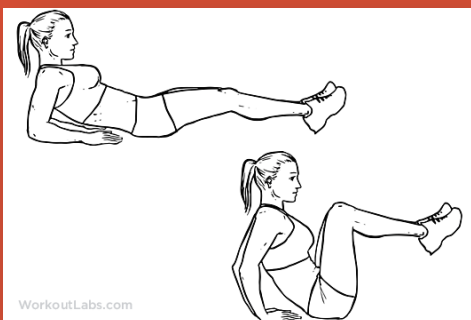
Lie on your back with fingertips behind ears, legs in the air, and knees pulled toward chest. Target your sides and entire ab area by contracting as you lift your shoulder blades off the ground. Straighten your right leg at a 45-degree angle and rotate your upper body to the left, bringing the right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

Flutter Kicks

Start by lying flat on your back on a mat with your arms by your sides and your palms down. Extend your legs fully out with a slight bend in your knees. Lift your heels about 6 inches off the floor. Make small, rapid up and down scissor-like motions with your legs. The key is to focus on having your midsection do all the work and to keep your abs constantly contracted throughout the exercise.



Leg Pull-in Knee-up



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.