

30 MIN AB-BLASTER

Complete the following exercises as circuit with no rest in between exercises. Perform each exercise for 30 seconds and then move directly to the next exercise. Once you have completed all the exercises in the circuit, rest for 2 minutes and perform the circuit again. Repeat this process until you have completed the circuit a total of 5 times.

Scissor Lifts – 30 sec.

SCISSOR LIFTS – Laying flat on your back, with your arms straight at your sides or hands under your butt, keeping your legs straight, toes pointed, core tight and head off the ground throughout the entire exercise. Keeping your legs together lift your legs until they are almost at a 90-degree angle with your body, slowly lower legs back down until they are just above the ground. While keeping your feet hovering above the ground spread your legs as far apart as you can and bring them back together. Repeat for specified number of reps.

Russian twists – 30 sec.

RUSSIAN TWISTS – Begin by sitting on the floor in a “V” position with your knees bent at a 30 – 40 degree angle, your heels resting gently on the floor and your upper body leaning back about 30 – 45 degrees (you should feel your abs engage in order to keep you in this position). Keeping your hands in front of you and your elbows slightly bent throughout the entire exercise, turn your torso all the way to one side and then all the way to the other side in one smooth movement. Each time you face a certain side ex: left side, is 1 rep for that side. Continue to stay in the “V” position and complete the rotations for the specified number of reps on each side. (when this becomes less challenging, hold a medicine ball or weighted object in your hands during the exercise).

Turtle shell – 30 sec.

TURTLE SHELL – Begin by lying flat on your back, legs straight, arms straight out and at a 45-degree angle above your shoulders. Simultaneously lift your legs, arms shoulders and head off of the ground leaving your back the only part of your body in contact with the ground. You should feel your abs engage and feel as though you are trying to do a crunch. Your arms, legs and head should be about 8 – 12 inches off the ground. Hold this position for the specified amount of time.

Bird dog – 30 sec.

- **BIRD DOG** – Begin on all fours (hands and knees) make sure to keep your back in a neutral (straight) position and your arms straight throughout the entire exercise. Bring your *left* arm straight up pointing directly in front of you while simultaneously

straightening your *right* leg and pointing it directly behind you. Hold this position for 2 – 3 sec. and repeat with the opposite arm and leg. Continue for specified number of reps.

Bicycle crunches – 30 sec.

BICYCLE CRUNCHES – Start by laying with your back flat on the floor. Lift your legs so that they make a 90-degree angle with your body and bend your knees 90 degrees with your legs so that your upper and lower legs make an “L” shape. Place your hands behind your head with your elbows out to either side. contract your abs bringing your shoulder blades off the ground and breathing out. As you lift your shoulder blades off the ground, turn your torso to the left and bring your left knee slightly forward so that your right elbow touches your left knee. Return to the starting position and repeat on the opposite side. Continue for the specified number of reps.

Reverse crunches – 30 sec.

- **REVERSE CRUNCHES** – Start by laying with your back flat on the floor. Lift your legs so that they make a 90-degree angle with your body and bend your knees 90 degrees with your legs so that your upper and lower legs make an “L” shape. Place your hands behind your head with your elbows pointing forward. Bring your knees up and to your elbows, keeping your legs in an “L” shape and lifting your lower body off the ground while keeping your head and shoulders on the ground resting the majority of your weight on your shoulder blades. Return to the starting position in a controlled manner. Continue for the specified number of reps.

Jack knife – 30 sec.

JACK KNIFE – Begin in the plank position with your arms straight as if you were about to perform a standard push-up. Place your feet on something that will allow them to slide, (gliding discs, upside down frisbees, paper plates may even work in a pinch) Keep your arms and legs straight throughout the entire exercise. Raise your butt in the air by sliding your feet as close to your hands as possible, your body should resemble an upside down “V” at the top of the exercise. Return to starting position in a controlled manner. Continue for the specified number of reps.