

Core & Chest

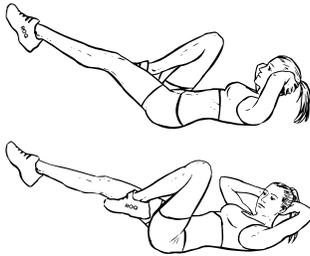
Abs, Chest



AT P.

Begin with 30-45 mins of cardio. [video of DOUBLE CRUNCHES on my insta if you're stuck.]

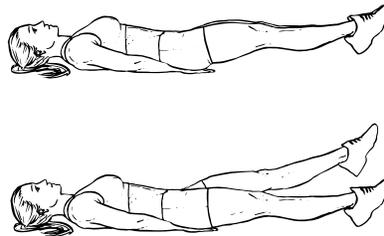
Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



3 sets 20 reps 30 sec rest

20 reps = 10 on each leg

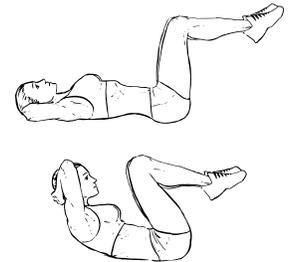
Flutter Kicks



3 sets 20 reps 30 sec rest

20 reps = 10 on each leg

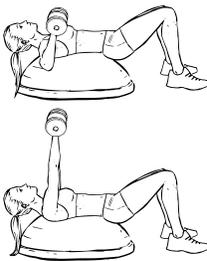
Double Crunches



3 sets 15 reps 10 lbs

Hold a ten pound weight plate in your hands and pull your hands from above your head into your knees on the crunch

Bosu Ball Chest Dumbbell Press



2 sets 10 reps 20 lbs

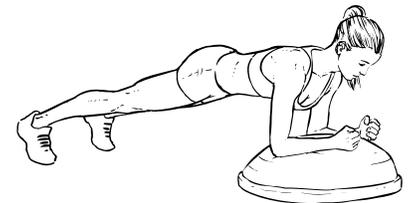
10lbs in each hand.

Bosu Ball Leg Pull-in / Knee Tucks



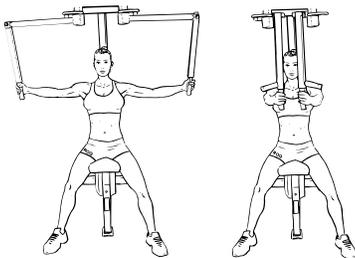
3 sets 10 reps 30 sec rest

Bosu Ball Plank



3 sets 20 secs 60 sec rest

Butterflies / Pec Deck / Seated Machine Flyes



2 sets 8 reps 30 lbs

Aim for 30lbs, add 10lbs more if too easy. Should be difficult.

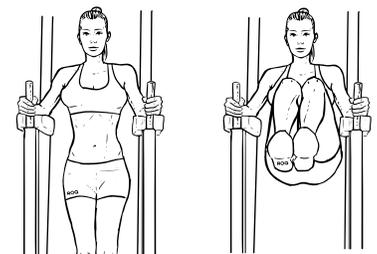
Kneeling Cable Crunches



3 sets 10 reps 30 lbs

Start with 30lbs. If you can't feel it after your second set, up to 40lbs. keep adding 10lbs every week.

Captain's Chair Leg / Knee / Hip Raises



3 reps 20 sec rest

Do as many sets as you can until you can't anymore.



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.

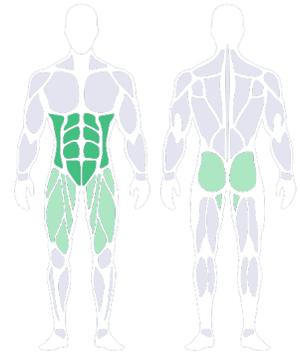
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

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.



Flutter Kicks

Primary muscle group(s):

Abs

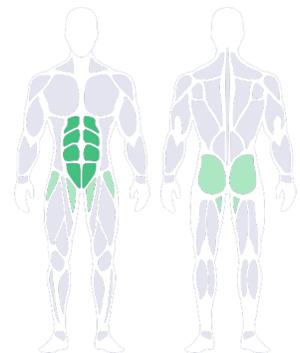
Secondary:

Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



Double Crunches

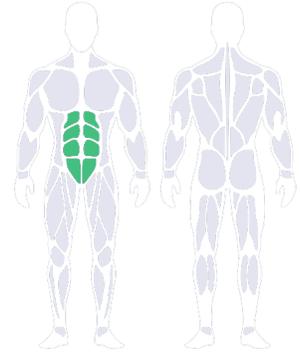
Primary muscle group(s):

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.



Bosu Ball Chest Dumbbell Press

Primary muscle group(s):

Chest, Triceps

Secondary:

Abs

Begin by sitting on the floor with your lower back against the side of the Bosu ball, and with the dumbbells resting on your upper thighs.

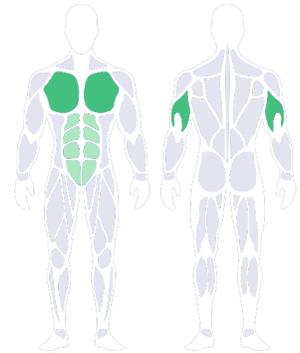
Lower yourself back onto the Bosu ball while bringing the dumbbells onto your chest. Naturally you should create a straight bridge from your knees to your shoulders.

Extend the dumbbells upward so that they are directly above your chest. Without locking your arms, place your hands in a horizontal position.

Lower the the dumbbells towards your chest, imitating a slow-falling motion, until they reach the nipple line.

Contract your chest to drive the dumbbells back upward to the starting position.

⚠ Do not perform if you have back problems or injury.



Bosu Ball Leg Pull-in / Knee Tucks

Primary muscle group(s):

Abs, Obliques

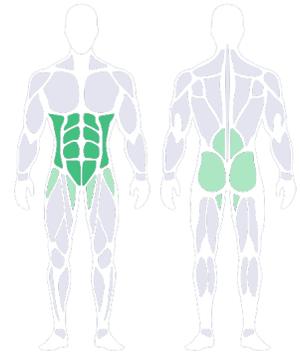
Secondary:

Glutes & Hip Flexors, Lower Back

Place a BOSU Ball on the ground with the blue rubber side facing up. Carefully, sit yourself in the middle of the BOSU Ball and place your hands by your side for balance. Bring your knees towards your chest and hold this position.

Slowly, extend your legs out while keeping a slight bend in your knees. Simultaneously, lean back while focusing the contraction on your core. Keep your balance with your elbows and forearms. Pause, hold the contraction, then return to the starting position.

Repeat.



Bosu Ball Plank

Primary muscle group(s):

Abs, Obliques

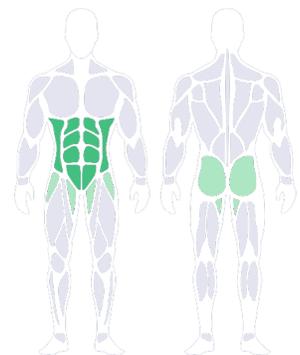
Secondary:

Glutes & Hip Flexors

Place a BOSU Ball on the ground with the blue rubber side facing up. Carefully, place your elbows on each side of the rubber side. Take a push-up position. Make sure your feet are together, core is tight and hips are level.

Brace your body on the BOSU Ball while focusing the entire contraction in your core. Keep hips from dipping by driving them up at a slight angle if you feel yourself dropping.

Hold this position for the entire set.



Butterflies / Pec Deck / Seated Machine Flyes

Primary muscle group(s):

Chest

Secondary:

Shoulders, Triceps

Sit on a pec deck machine with your back flat against the back rest.

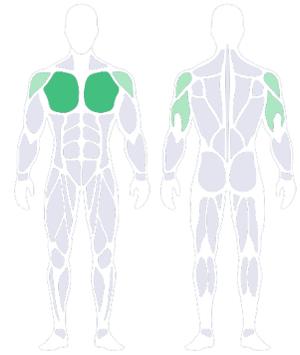
Grip the handles and make sure your arms are parallel to the floor. If not parallel, adjust the seat or handles accordingly. This is the start position.

Exhale and slowly push the handles together squeezing your chest to the middle as you do so. Hold for a count of one.

Inhale as you return to the starting position in a controlled movement.

Repeat.

! This exercise can be performed using an exercise band or pulleys. There are a variety of different machines with different placement of your forearms. With these, place your forearms on the pad, with your elbow bent to 90 degrees. Perform the exercise by squeezing your elbows together.



Kneeling Cable Crunches

Primary muscle group(s):

Abs

Secondary:

Forearms

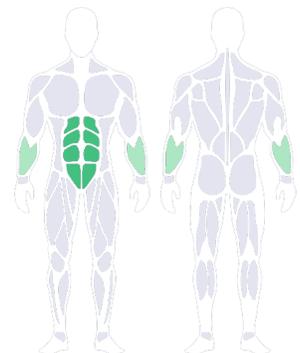
Kneel in front of a cable station with a rope attachment connected to the top pulley.

Grip the rope attachment and place your wrists against your forehead.

Flex your hips slightly to take the weight and to hyperextend your lower back.

Keeping your hips stationary, bend at the waist so that your elbows travel down towards the middle of your thighs. Hold for a count of one.

Return to the start position in a controlled movement and repeat.



Captain's Chair Leg / Knee / Hip Raises

Primary muscle group(s):

Abs

Secondary:

Lower Back

Place your forearms are on the pads or bars of the apparatus you are using and grip the handles or bars. Your arms should be bent at 90 degrees and your upper arms in a straight line with your sides.

Your torso should be straight and your lower back pressed against the pad of the bench if using one.

Keep your legs extended and pointing down to the floor. This is the start position.

Exhale and as you do so, lift your legs up in a smooth arc bending at the knees until your thighs are about parallel to the floor. Hold for a count of one.

Return to the start position in a smooth, controlled movement while inhaling.

Repeat.

i Do not use momentum or swing your legs to perform this exercise. As your strength increases, you can rotate your pelvis forward at the top of the movement to engage more of your lower abdominal muscles. You can also keep your legs fully extended throughout the movement to increase the resistance and difficulty of the exercise.

