



Intensity

Reps: **15**

Sets: **3 sets** per exercise

Load: **CHALLENGING** weight

Rest: **45 seconds** between sets

For each exercise, perform 3 sets of 15 repetitions, resting 45 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.

Crunch Abs



- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.

Reverse Crunch Abs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.
- Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.
 - Keep your upper body stable throughout.

Lower Body Twist Abs



- 1 - Lie on your back with your knees bent and feet raised, placing your hands at your sides.
 - 2 - Roll your legs to one side touching your knee to the floor.
- Roll your legs to the opposite side to touch, keeping your knees bent and your upper body stable throughout.
 - Alternate sides with each rep.

Dead Bug Abs



- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
 - 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
 - Alternate sides with each rep.

Russian Twist Abs



- 1 - Start in a sit up position with your feet flat, knees bent and your arms extended out in front at chest height.
 - 2 - Twist your torso to one side.
- Twist your torso back to the other side, keeping your feet flat and arms straight throughout.
 - Alternate sides with each rep.

Lying Superman Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

Front Bridge Lower Back



- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
 - Hold briefly, then lower yourself back to the floor and repeat.