

Lisa Cohen

Intensity

Reps: **15**

Circuits: **3**

Load: **Bodyweight** or **Challenging** weight for indicated exercises

Rest: **60 secs** between circuits

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets.

Use your own bodyweight or a challenging weight as resistance for indicated exercises.

Sit Up Abs



- 1 - Lie on your back with your knees bent and feet flat placing your hands to the sides of your head.
- 2 - Lift your upper body completely off the floor, bringing your chest to your knees.
 - Keep your feet flat and knees bent and do not pull your head up with your hands or throw yourself up off the floor.
 - Lower your upper body back to the floor and repeat.

Russian Twist Abs



- Start in a sit up position with your feet up off the floor, knees bent, holding a medicine ball at chest level.
- 1 - Twist your torso to one side, lowering the medicine ball towards the ground.
 - 2 - Twist your torso back to the other side, keeping your feet up throughout.
- Alternate sides with each rep.
- Equipment Sub: Dumbbell, Plate

Jack Knife Abs



- 1 - Lie on your back with your legs straight and hands to the sides of your head.
- 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
 - Try to get your elbows to meet your knees in the middle.
 - Lower your upper body and legs and repeat.

Mountain Climber Abs



- Support your body on your toes and hands with your arms straight
- 1 - Bring one knee in toward your chest, keeping the rest of your body in the push up position.
 - 2 - Straighten this leg and repeat on the other side.
- Keep your back flat and your hips in line with your shoulders throughout.

Glute Bridge Legs



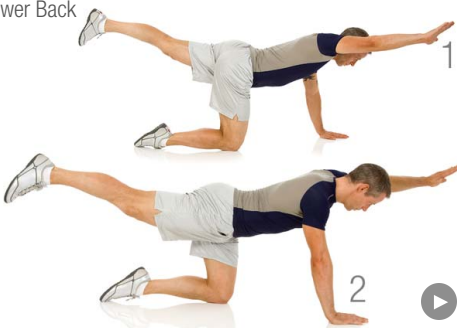
- 1 - Lie on your back with your heels on the ball, legs straight and your hands at your sides.
- 2 - Raise your hips off the floor, making a straight line from your feet to your shoulders.
 - Lower your body back to the floor and repeat.

Side Bridge & Abduction Abs



- Lie on one side propped up on one elbow with your legs straight one on top of another.
- 1 - Raise your body off the floor, resting on your forearm and foot.
 - 2 - Now raise your top leg up straight while keeping the rest of your body in a straight line with your elbow directly under your shoulder.
 - Hold, then lower yourself down and repeat.
 - Complete all reps on one side before switching to the other side.

Quad Superman Lower Back



- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
 - 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.