



Complete Core Week 3

Lisa Cohen Fitness



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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.

Feet Up Crunch Abs



- 1 - Lie on your back with your knees bent, feet raised and your hands at the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
- 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 legs straight and 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.
- Keep your upper body stable throughout.
 - Slowly lower your legs back to a straight position to tap your heels on the floor and repeat.

Front Bridge to T Lower Back



- 1 - Support your body off the floor in the top of a push up, resting on your toes and hands with your arms straight.
 - 2 - Raise one hand up toward the ceiling while rotating your body to the same side and look up at your hand.
- Hold, then lower yourself back to the floor and repeat, twisting up to the other side.
 - Alternate sides with each rep.

Torso Twist Abs



- 1 - Stand upright facing front with your arms extended out to the sides at shoulder height.
 - 2 - Twist your torso to one side, turning your head and shoulders.
- Twist back to the opposite side, allowing your hips to move.
 - Alternate sides with each rep.

Side Bridge Abs



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

Bicycle Crunch Abs



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
 - 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.
- Alternate sides with each rep.

Modified Superman Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms by your sides, palms up.
 - 2 - Raise your upper body, arms and legs all together about 18 inches off floor.
- Hold this position briefly, then lower yourself back to the floor and repeat.