



Lisa Cohen

## Intensity

Reps: **15**

Sets: **3 sets** per exercise

Load: **BODYWEIGHT**

Rest: **60 seconds** between sets

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

Use your own bodyweight as resistance.

### Crunch

Abs



- 1 - Lie with the center of your back on the ball, hands at the sides of your head and your feet flat, knees bent.
  - 2 - Lift your head and shoulders off the ball, contracting your abdominal muscles and do not pull your head up with your hands.
- Lower your head and shoulders and repeat.

### Torso Rotation

Abs



- 1 - Lie with the center of your back on a ball holding one dumbbell in both hands and your arms extended straight up over your chest.
  - 2 - Rotate your body to one side, moving across your shoulders and keeping your arms straight.
- Rotate to the other side.
  - Alternate sides with each rep.
- Equipment Sub: Plate, Med Ball

### Hip Raise

Abs



- 1 - Lie on your back with your legs straight up in the air with the ball between your feet and your hands by your sides.
  - 2 - Push your feet up towards the ceiling, raising your hips off floor.
- Lower your hips back to the floor and repeat.

### Kneeling Oblique Crunch

Abs



- 1 - Lie on your side on the ball with one leg bent and knee on the floor and the other straight out. Place your hands at the sides of your head.
  - 2 - Lift your upper body off ball, bringing your outside elbow down to your side.
- Lower your head and shoulders and repeat.
  - Complete all reps on one side before switching to the other side.

### Mountain Climber

Abs



- Place your hands on a ball with your arms straight and legs straight out behind, resting on your toes.
- 1 - Bring one knee in toward the ball, 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.

### Tuck

Abs



- Start on all fours with the ball behind you.
- 1 - Place your hands on the floor in front and your feet on the ball behind.
  - 2 - Drag the ball towards your body, bringing your knees into your chest.
- Return to the straight position.

### One Leg Bridge

Abs



- 1 - Lie with your back on the ball with your hands by your sides, feet flat and knees bent.
  - 2 - Raise one foot off the floor and extend the leg straight out in front.
- Complete all reps on one side before switching to the other side.