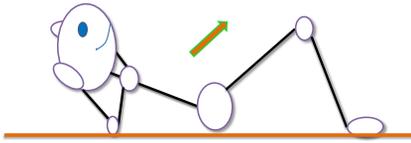


1

## Crunch

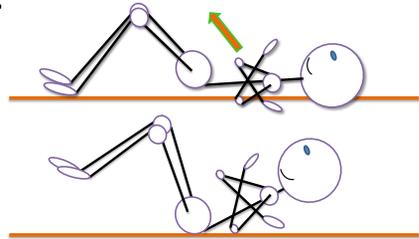


1. Crunch lifting your upper body toward your legs.
2. Do NOT bring elbow to touch knees
3. Contract glutes.



2

## Knee Up

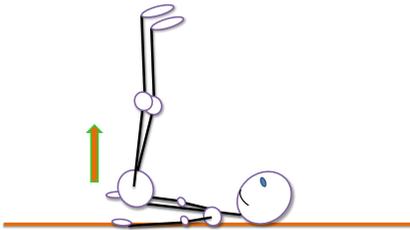


1. Cross arms in front of chest.
2. Contract the abs to lift the shoulder blades off the floor.
3. Try to keep your lower back on the floor
4. At the same time curl legs towards chest.



3

## Hip Lift



1. Contract the abs to curl hips off the floor.
2. Heels reach up toward the ceiling.
3. Very small movement.
4. Modification: Complete movement with knees bent.



4

## Side Oblique Crunch

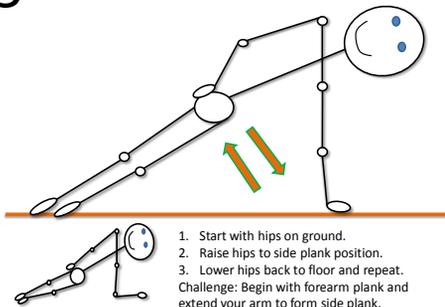


1. Lie on your left side with knees bent and arms crossed in front of your chest.
2. At the same time, raise your torso and your knees off the ground.
3. Repeat on right side.



5

## Side Plank Dips

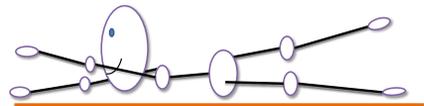


1. Start with hips on ground.
  2. Raise hips to side plank position.
  3. Lower hips back to floor and repeat.
- Challenge: Begin with forearm plank and extend your arm to form side plank.



6

## Superman

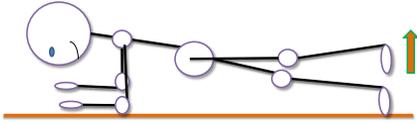


1. Lie down with your arms stretched in front of you (like superman)
2. Raise your right arm and left leg about 5-6 inches off the ground.
3. Hold for 3 seconds and relax.
4. Repeat with the left arm and leg.
5. Challenge: While right arm and left leg are off the ground, lift left arm and right leg 1-2 inches off the ground. Switch.



7

## Plank Leg Lifts

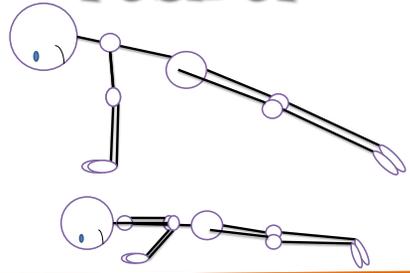


1. Keep back straight and in line from head to heels.
2. Contract abs.
3. Lift left leg, lower, then lift right leg.



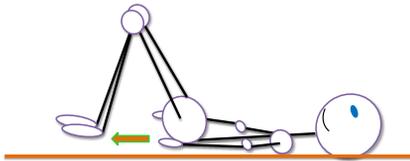
8

## PUSH-UP



## Bent Leg Heel Touch

9

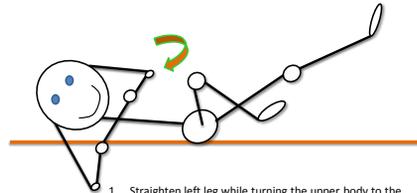


1. Contract the abs.
2. Slide the right hand along the floor to touch the right heel.
3. Switch
4. Modification: At the same time, slide both right and left hands to touch heels.



10

## Bicycle Exercise



1. Straighten left leg while turning the upper body to the right
2. Bring left elbow towards right knee



11

## V-Ups

Step 1



Step 2

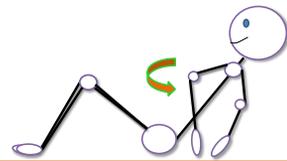


1. Lie flat on the floor with arms above your head.
2. At the same time bring your arms and legs off the floor.
3. Your glutes should stay in contact with the floor.
4. Slowly lower back to floor



12

## Oblique with a Twist



1. Get in a sit-up position with feet flat on the floor.
2. Sit-up then twist and touch the floor on the right side then left side.
3. Challenge: lift feet off the floor while twisting.

