

## Knee Slides



**Anchor:** None, body weight

**Start:** Lie on back, knees bent, feet flat on floor and hands on the front part of the legs.

**Movement:** Keeping the hands in contact with the leg, use your abs to curl up as your hands slide up your legs to the knees.

**Tip:** Keep your neck and head in line with your spine.

## Cross Arm Crunch



**Anchor:** None, body weight

**Start:** Lie on back, knees bent, feet flat on floor and hands across the chest.

**Movement:** Keeping the hands across the chest, use your abs to lift your shoulder blades off the floor.

**Tip:** Keep your neck and head in line with your spine.

**Plank**

**Anchor:** None, body weight

**Start:** On your stomach, propped up on your elbows.

**Movement:** Rise up on your toes and elbows so your body is off the ground and in a straight line.

**Tip:** Do not let the low back sway.

**Plank with Leg Lift**

**Anchor:** None, body weight

**Start:** On your elbows and toes, body straight, abs tight.

**Movement:** Lift one leg straight up and hold for 3-5 seconds.

**Tip:** Keep abs tight so you don't sway the low back

**Pike / Long Body**

**Anchor:** None, body weight.

**Start:** Lie on your back, legs straight, arms straight over head

**Movement:** Using your abs lift the legs, arms, head and shoulders off the ground, reaching straight up.

**Tip:** Try not to use momentum.

**Overhead Crunch**

**Anchor:** Door, High

**Start:** Kneel with the back to the door, arms over head holding on to handles of tubing.

**Movement:** Using the abs to reach forward and down, bring the arm out in front, away from the body to the ground.

**Tip:** Reach out through the motion; do not collapse the body down.

## Mountain Climbers



**Anchor:** None, body weight

**Start:** On hands and toes with arms directly under the shoulders.

**Movement:** Using your abs “run” your knees to the chest, alternating each.

**Tip:** Try to work your way to a fluid movement.

## Raised Leg Crunches



**Anchor:** None, body weight

**Start:** On your back, hands behind the head and legs up bent at a 90 degree angle.

**Movement:** Using your abs, lift the head and shoulder blades off the ground.

**Tip:** Try not to pull on the neck.

## Butterfly Crunches



**Anchor:** None, body weight

**Start:** Lie on your back, hands behind the head, legs splayed open and bent, bottoms of feet together.

**Movement:** Using your abs, lift the head and shoulder blades off the ground.

**Tip:** Try not to pull on the neck.

## Flutter Kicks



**Anchor:** None, body weight

**Start:** Lie on your back, hands at your side or under low back, one leg straight on the ground, one in the air.

**Movement:** Using the abs, alternate the legs in a slow controlled movement.

**Tip:** If low back is compromised, decrease the range of motion.

**Scissors**

**Anchor:** None, body weight

**Start:** Lie on your back, hands behind head, legs straight and a bit off the ground.

**Movement:** Using the abs, alternate the legs in a scissor movement with slow controlled movement.

**Tip:** If low back is compromised, keep the legs higher.

**Accordion on Chair**

**Anchor:** None, body weight

**Start:** Sit on the edge of the chair, holding on with hands, sitting up, knees bent at 90 degree angle.

**Movement:** Controlling the movement with the abs, lean back, straighten legs, and return to start position.

**Tip:** Try not to use hands to pull you up.

## Reach Up Knees Bent



**Anchor:** None, body weight

**Start:** Lie on your back, legs bent, feet on floor, arms over head.

**Movement:** Using your abs, lift arms and upper body straight up to ceiling.

**Tip:** Try not to use momentum.

## Straight Leg Reverse Curls



**Anchor:** None, body weight

**Start:** Lie on back with arms at your side, palms down and legs straight up in the air.

**Movement:** Using your abdominals, lift your hips slightly off the ground.

**Tip:** Try not to use momentum or swing the legs.

## Reach Up Pike



**Anchor:** None, body weight

**Start:** Lie on your back with arms and legs straight up in the air.

**Movement:** Using your abs, reach the legs and arms up to the ceiling.

**Tip:** Try not to use momentum.

## Reverse Crunch with Resistance



**Anchor:** Door, mid feet

**Start:** Lie on your back, hands at your side, knees bent at 90 degree angle with band around feet.

**Movement:** Using your abs, pull the legs into the chest with the resistance on the feet.

**Tip:** Lift hips slightly off the floor.



**Row Twist**

**Anchor:** None, use a book or other 3-5 lb. object

**Start:** Sit up, knees slightly bent, feet on the floor holding book.

**Movement:** Lean back slightly, and rotate from side to side in a controlled movement.

**Tip:** For more of a challenge, lift the feet slightly off the ground.