

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.