

Cross Over Crunch



Anchor: None, body weight

Start: Lie on your back, hands behind head, knees bent, feet flat on floor.

Movement: Using your Obliques, lift one shoulder blade off the ground, elbow up and twist your armpit toward the opposite knee.

Tip: Keep non-working elbow in the ground.

Side Crunch



Anchor: None, body weight

Start: Lie on the ground, shoulders on the floor, hands behind the head and knees dropped to one side.

Movement: Using the Obliques, lift the shoulder blades off the ground towards the ceiling.

Tip: Try not to pull on the neck

Side Double Leg Lift



Anchor: None, body weight

Start: Lie on your side, legs straight

Movement: Using your Obliques, lift both legs at the same time.

Tip: Try not to use legs to lift.

One Knee Bent Crossover



Anchor: None, body weight

Start: Lie on your back, one leg bent with foot on the floor, other leg straight on the ground, hands behind head.

Movement: Using your Obliques, lift the straight leg and at the same time lift the opposite shoulder blade up and over to straight leg.

Tip: Try to keep hips on the floor.

Straight Leg Cross Reach



Anchor: None, body weight

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

Movement: Using your oblique, lift one shoulder blade off the ground and reach that arm to the outside of opposite foot.

Tip: Try not to strain the neck.

Bicycle Crunch



Anchor: None, body weight

Start: Lie on your back with your hands behind the head, one leg bent to the chest, one leg straight, off the floor.

Movement: Keeping the shoulder blades off the ground, use your Obliques to twist up to meet the opposite leg and continue to alternate.

Tip: Try not to touch the feet to the ground.

Side Plank



Anchor: None, body weight

Start: On your side, legs straight and stacked, propped up on the elbow, other hand on hip.

Movement: Using your Obliques, lift the body up to a straight line and hold for 3-5 seconds

Tip: Try not to rock forward or back.

Side Plank with Elbow Twist



Anchor: None, body weight

Start: On one side, feet stacked, body up and off the ground propped up on the elbow, hand behind the head.

Movement: Twist the elbow forward and under the body slightly.

Tip: Place the elbow directly under the shoulder.

Side Plank With Straight Arm Twist



Anchor: None, body weight

Start: On one side, feet stacked, body up and off the ground propped up on the elbow, arm straight up to ceiling.

Movement: Bring the arm around and under the body, using your Obliques.

Tip: Place the elbow directly under the shoulder.

Side Plank on Knees



Anchor: None, body weight

Start: Propped up on the elbow, hips and knees on the ground, legs bent.

Movement: Using your Obliques, lift the waist off the ground to form a straight line.

Tip: Place the elbow directly under the shoulder.

Side Plank on Knees with Elbow Twist



Anchor: None, body weight

Start: Propped up on the elbow and knees on the ground, legs bent. Hand behind head.

Movement: Using your Obliques, twist the elbow forward and under the body slightly.

Tip: Place the elbow directly under the shoulder.

Straight Leg Wipers



Anchor: None, body weight

Start: Lie on your back, hands at the side and legs straight up in the air.

Movement: Keeping the legs as straight as possible and controlling with your Obliques, drop the legs to the side and bring back up.

Tip: Alternate sides and start small working up to full range of motion.

Bent Leg Wipers



Anchor: None, body weight

Start: Lie on your back, hands at the side and legs up, bent at a 90 degree angle.

Movement: Keeping the legs bent and controlling with your Obliques, drop the knees to the side and bring back up.

Tip: Alternate sides and start small working up to full range of motion

Trunk Rotation



Anchor: Door, shoulder height

Start: Stand parallel to the door holding on to one or both handles (depending on difficulty), arms out.

Movement: Using your Obliques and a slight bend in the elbows, twist the upper body fully around.

Tip: Try to keep hips straight forward.

Side Bend



Anchor: Door, high

Start: Stand parallel to the door holding on to one or both handles (depending on difficulty), arms above.

Movement: Using your Obliques, bend to the side.

Tip: Keep hips straight forward.

Wood Chop



Anchor: Door, high

Start: Stand parallel to the door, holding on to one or two of the handles (depending on difficulty), hips straight, upper body and head facing the door, arms up.

Movement: Twist the body around and keeping your arms straight, bring the arms in a diagonal across the body.

Tip: Try to stay as tall as possible.

Mountain Climbers with Crossover



Anchor: None, body weight

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

Movement: Using your abs, "run" your knees across the body to the opposite arm pit, alternating each.

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