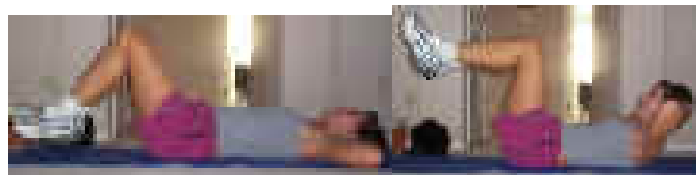


# Ab Workout



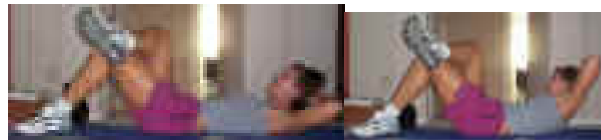
## **Crunches**

Lie on your back with your hands crossed across your chest or with your fingers on the sides of your head. Place your feet on the floor with legs bent. To begin the exercise, lift your torso, lifting shoulder blades off the floor and crunching your rib cage towards your lower belly. Hold for two counts, then lower slowly to the starting position.



## **Reverse Crunches**

Lie on your back with knees bent, feet a few inches off the floor. Slowly contract the abdominals, focusing on rotating the pelvis up and bringing your knees towards your rib cage. Concentrate on letting your abs do the work. Hold at the top then slowly lower your knees to the starting position.



## **Oblique Crossover Crunches**

Lie on your back with knees bent, hands behind your head. Keeping lower back pressed into the floor, lift your shoulder blades off the floor and then curl your upper body diagonally across your body towards your right knee. Contract your abs and obliques at the top of the movement.



## **Plank**

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.



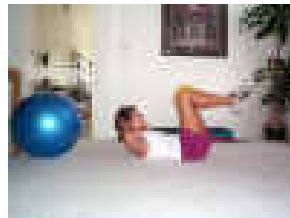
### **Bicycle**

Lie face up on the floor and lace your fingers behind your head. Bring the knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck. Straighten left leg out to about a 45-degree angle while simultaneously turning the upper body to the right, bringing the left elbow towards the right knee. Switch sides, bringing the right elbow towards the left knee.



### **Ball Crunches**

Lie face-up with the ball resting under your mid/lower back. Place hands behind your head. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips. As you curl up, keep the ball stable (i.e., you shouldn't roll).



### **Medicine Ball Crunches**

Lie on your back with knees bent, medicine ball right below the knees. Squeeze inner thighs to hold ball in place. Put hands behind head (cradle your head gently) and without straining the neck, lift shoulders and hips off the ground in a crunch, flattening the belly at the top of the movement. Lower back down without completely relaxing and repeat.



### **All Around Crunches**

Lie face up on ball and hold medicine ball in both hands. Begin with body draped over the ball, arms extended behind you. Contract the abs to lift upper back off the ball and bring the medicine ball towards your right thigh as you twist to the right, contracting the right side of waist. Repeat for all reps and then switch sides.

