ABDOMINAL EXERCISES

Abdominal Routines

Routine 1:

- **V-Ups**: 25x
- **Straight Leg Crunch**: 40x
- **Ankle Grabs**: 40ea. side
- **Bicycles**: 30
- **Reverse Crunches**: 32x
- **V-Sit Scissors**: 30x
- **Reg. Crunches**: 50x
- **Plank Holds**: 2x30 sec.

Routine 2:

- **Crunch w/ Leg Raise**: 30ea. leg
- **Ankle Grabs**: 40ea. side
- **Knee-to-Elbow Pull**: 17ea. side
- **V-Sit Crossovers**: 30x
- **Reg. Hip Raises**: 30x
- **Off-to-the-Side Toe Touches**: 30x
- **Reg. Crunches**: 50x
- **Roll Backs**: 1x10
- **Supermen**: 3x10

Routine 3:

- **Pilates Bicycles**: 20ea. leg
- **Oblique Twists**: 20ea. side
- **Reg. Hip Raises**: 15ea. side
- **Figure 8's**: 30x
- **Lotus Crunch**: 40x
- **Figure 4 Crunch**: 30x side
- **Side Hip Raises**: 15ea. side
- **Lateral Crunches**: 25ea. side
- **Supermen**: 3x10

Routine 4:

- **Wood Chopper Circuit**: 3x20 ea. One
- **V-Sit Hundreds**: x1
- **Crunch w/ Leg Raise**: 25ea. leg
- **Seated Side-to-Side**: 35x
- **Supermen**: 3x10

Routine 5:

- **Throw Downs**: 2x20rt,mid,lft =1
- **Lateral Twists**: 15ea. side
- **Backwards Crunch**: 30x
- **Straight Leg**:
- **Crunch**: 40x
- **Cross Over V-Ups**: 20x
- **Plank Holds**: 2x30 sec.

Routine 6: Swiss Ball Abs

- **Reg. Crunches**: 40x
- **Straight Arm Side-to-Side (w/weight/med. ball)**: 30x
- **Around the World(w/weight/med. ball)**: 15ea. way
- **Ball-to-Feet V-Ups**: 30x
- **Upside Down Crunches**: 30x
- **Swiss Ball Pikes**: 25x
- **Oblique Twists**: 25x
- **Stretch Weighted Sit Ups**: 25x
- **Plank Holds**: 2x30 sec.
# ABDOMINAL EXERCISES

## Routine 7: Med. Ball Abs

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toe Touches</td>
<td>30x</td>
</tr>
<tr>
<td>Roll Ups</td>
<td>30x</td>
</tr>
<tr>
<td>Sit Ups (touch ball to toes)</td>
<td>25x</td>
</tr>
<tr>
<td>Sit Up Side-to-Side</td>
<td>20ea. side</td>
</tr>
<tr>
<td>Bent Knee Twist</td>
<td>20x</td>
</tr>
<tr>
<td>Leg Lifts</td>
<td>30x</td>
</tr>
<tr>
<td>Seated Side-to-Side</td>
<td>35x</td>
</tr>
<tr>
<td>V-Ups</td>
<td>25x</td>
</tr>
<tr>
<td>Supermen (w/ball)</td>
<td>3x10</td>
</tr>
</tbody>
</table>

## Routine 8: Med. Ball Throw

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plank Holds (w/plate all sides)</td>
<td>30sec ea side</td>
</tr>
<tr>
<td>Straight Leg Crunch</td>
<td>25x</td>
</tr>
<tr>
<td>Reg. Crunches</td>
<td>50x</td>
</tr>
<tr>
<td>Reverse Crunches</td>
<td>30x</td>
</tr>
<tr>
<td>Bicycles</td>
<td>50x</td>
</tr>
<tr>
<td>Cross Over V-Ups</td>
<td>20x</td>
</tr>
<tr>
<td>Boat Sit Ups</td>
<td>20x</td>
</tr>
<tr>
<td>Supermen</td>
<td>5x10</td>
</tr>
</tbody>
</table>

## Routine 9:

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inch Worms</td>
<td>10x</td>
</tr>
<tr>
<td>Plate Walks</td>
<td>30/15ea. side</td>
</tr>
<tr>
<td>Toe Touches</td>
<td>40x</td>
</tr>
<tr>
<td>Ankle Grabs</td>
<td>25x</td>
</tr>
<tr>
<td>Crossover V-Ups</td>
<td>20ea. side</td>
</tr>
<tr>
<td>Roll Backs</td>
<td>1x10</td>
</tr>
<tr>
<td>Plank Holds (all sides)</td>
<td>45sec. Each</td>
</tr>
<tr>
<td>V-Ups</td>
<td>25x</td>
</tr>
<tr>
<td>Pointers</td>
<td>4x10</td>
</tr>
</tbody>
</table>

## Routine 10: Med. Ball Throw

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Sit Up w/ Chest Pass</td>
<td>3x10</td>
</tr>
<tr>
<td>Full Sit Up w/ Overhead Pass</td>
<td>3x10</td>
</tr>
<tr>
<td>Grab and Give</td>
<td>3x10</td>
</tr>
<tr>
<td>Seated Side Toss</td>
<td>3x10</td>
</tr>
<tr>
<td>Rotating Hand-offs</td>
<td>3x15</td>
</tr>
<tr>
<td>High/Low Hand-offs</td>
<td>3x15</td>
</tr>
<tr>
<td>Diagonal High/Low Hand-offs</td>
<td>3x15</td>
</tr>
</tbody>
</table>
ABDOMINAL EXERCISES

V-ups (Jack Knives)  
Crunches

Bicycles  
Toe Touches

Toe Touches (Off to the side)  
Leg Scissors

Leg Raises  
Hip Raises
ABDOMINAL EXERCISES

Side Hip Raises

Backward Crunches

Backward Crunches (Off to the side)

Seated Side to Side

Plank Holds

Straight Leg Crunches

Crunch w/Leg Raise
ABDOMINAL EXERCISES

Lateral Crunches

Lotus Crunches

Knee to Elbow Pull

Side Crunches

Lateral Twists

Figure 4 Crunches

Pilates Bicycles
ABDOMINAL EXERCISES

Throw Down

Roll Backs

Ankle Grabs

V-Sit Scissors

Cross Over V-Ups

V-Sit Crossovers
ABDOMINAL EXERCISES

V-Sit Hundreds

Straight Arm Med Ball Side to Side

Inch Worms

PLATE WALKS

ROCKY SIT-UPS
ABDOMINAL EXERCISES

MIDDLE PLANK HOLD

RIGHT SIDE PLANK HOLD

LEFT SIDE PLANK HOLD

BRIDGE

L AND R SIDE PLANK HOLD W/ PLATE

STRAIGHT LEG CRUNCHES

MEDICINE BALL CHEST PASS

OVER HEAD MEDICINE BALL PASS
ABDOMINAL EXERCISES

GRAB AND GIVE

SIDEWAYS SEATED MEDICINAL BALL TOSS

SEATED SIDE TO SIDE HAND OFF WITH MEDICINE BALL

HIGH/LOW

DIAGONAL HIGH/LOW
Figure 8's
(Keep hands under your rear-end, move feet in a tight figure 8 pattern with feet 6” from the ground)

Around the World on Swiss Ball

Ball to Feet V-ups

Roll Ups
ABDOMINAL EXERCISES

Sit Ups (touch ball to toes)

Sit Up Side-to-Side

Bent Knee Twist

Pointers

Upside Down Crunches
ABDOMINAL EXERCISES

Swiss Ball Pikes

Stretch Weighted Sit-Ups

Superman

Superman with Medicine ball or Weight
ABDOMINAL EXERCISES

Situps

Ripaways

Diagonal Woodchoppers