

Vertical Leg Crunch



The vertical leg crunch is another effective move for the rectus abdominis and the obliques. It's similar to a regular crunch, but your legs are straight up, forcing you to use your abs to do all the work and adding intensity to the exercise.

How to:

1. Lie on the floor and extend the legs straight up with knees crossed.
2. Place your hands behind the head for support, but avoid pulling on the neck.
3. Contract the abs to lift the shoulder blades off the floor, as though reaching your chest towards your feet.
4. Keep the legs in a fixed position and imagine bringing your belly button towards your spine at the top of the movement.
5. Lower and repeat for 1-3 sets of 12-16 reps

Starting Position Lie on the floor/mat on your back. Keep lower back in contact with the floor, feet and legs straight and together. Place hands to sides or under lower back for support.

Action Keeping legs straight and together, back flat, lift legs upward until they are straight above hips. Lower down to starting position slowly and with control (but do not allow feet to touch the ground between reps) to complete one rep.

Special Instructions Make sure back stays flat on floor and abs are tight (pull navel in towards spine).



Russian Twist

Main Muscle: Abdominals

Mechanics Type: Compound

Sit on the ground and place your feet under a stable surface. With your knees bent, slight lean back while keeping your torso straight. With one hand on the other, and arms straight, move your arms from one side to another. Do not pause in the middle. Focus on proper breathing and do not hold your breath. You can perform this exercise with a weight for a more intense exercise.



(3) Mountain Climbers

Place hands on floor, slightly wider than shoulder width (top push up position).

Step forward by bending one leg under body squeezing the abs, extend leg and repeat on other side.

Do not lift your butt or allow the hips to sag; brace your abs really hard.

How to do the Leg Climb Crunch - Step 1: Lay on your back with your right leg straight up in the air.

1. Step 2: Place both hands on your right thigh.
2. Step 3: Use your abs to lift yourself upwards and lightly use your hands to help by climbing them up your right leg.
3. Step 4: Lower yourself back down to the ground. Repeat for desired amount of repetitions and then switch legs.

Do the Bicycle Crunch:

- Lie flat on the floor with your lower back pressed to the ground and contract your core muscles.
- With your hands gently holding your head, lift your knees to about a 45-degree angle.
- Slowly, at first, go through a bicycle pedal motion.
- Alternately touching your elbows to the opposite knees as you twist back and forth.



- Breath evenly throughout the exercise

The obliques crunch How to do it:

- Lie on your back with your knees bent and feet flat on the floor.
- Slowly drop your legs to the left and let your knees rest near the floor.
- Place your fingertips to the side of your head just behind your ears.
- Push your lower back into the floor flattening the arch and hold.
- Curl up slowly so both your shoulders lift off the floor a few inches.
- Hold for a count of 2 and return to the start position.
- Repeat for the desired number of reps and switch to the other side

(5) Seated Knee Tucks



Sitting on the floor, inhale deeply as you extend your legs and lean back as shown.



Exhale, fully "firing your abs" as you draw your knees in toward your chest. Repeat the Extension/Tuck and "firing" breaths for 15 reps.

- Sit on your mat or towel, knees bent and feet on the floor; keeping knees together.
- Brace your abs really hard and place your hands on the floor behind your butt.
- Raise your feet several centimeters, and pull your knees toward your chest.

- Once again do 2 – 3 sets of 20 – 30 reps each.

