

AB EXERCISES

SIDE PLANK



1
Lie on side on mat with legs straight, bottom arm bent with elbow directly below shoulder and top arm straight along side of body.

2
Tighten abdominal and oblique muscles, lift hips upward and straighten body while raising leg off mat. Hold for 1-2 seconds, return slowly to start position and repeat.

STRAIGHT LEG SIT-UP



1
Lie on back on mat with legs straight, arms extended overhead with head and shoulders resting on mat.

2
Tighten abdominal muscles; simultaneously raise straight arms and legs upward off mat while bringing ribs toward hips. Hold for 1-2 seconds, return slowly to start position, and repeat.

SIT-UP TWIST



1
Lie on back on mat, bend and cross leg with opposite foot flat on mat. Bend arm and place hand behind head with opposite arm straight on mat along side of body.

2
Tighten abdominal muscles, slowly raise head and shoulders up and forward while rotating at the waist bringing elbow toward opposite side knee. Hold 1-2 seconds, return slowly to start position, and repeat.

FULL ROLL UP



1
Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

2
Squeeze ball, slowly curl body upward and lift upper body completely off floor, curving back slightly forward while keeping arms straight above head. Hold 1-2 seconds and slowly return to start position.

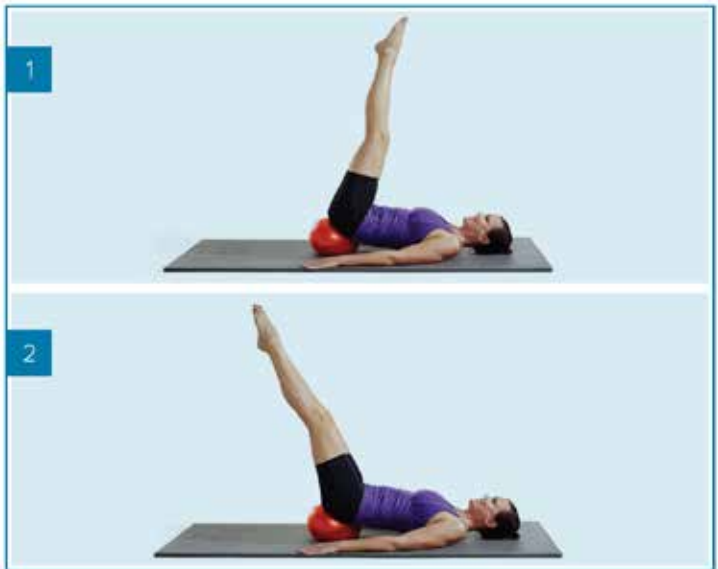
CRUNCH



Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

Squeeze ball, slowly curl body upward and lift shoulders off floor while reaching forward with hands. Keep abdominal muscles tight and legs stationary. Hold 1-2 seconds and slowly return to start position.

DOUBLE LEG CIRCLES



Lie on back, place ball under tailbone, straighten legs and position feet and knees directly above hips. Extend arms along sides of body on the floor and keep back straight with head and shoulders on the floor.

Slowly rotate legs clockwise or counter-clockwise in a circular motion just outside width of hips. Keep legs straight and together with shoulders on the floor and abdominal muscles pulled inward. Hold 1-2 seconds and alternate to other side.

PLANK MOUNTAIN CLIMBER



Bend arms and place elbows and hands on top of ball. Straighten legs and position toes on floor hip-width apart.

Keep ball stationary, tighten abdominal muscles, lift foot off floor, slowly bend leg and bring knee toward ball. Hold 1-2 seconds, slowly return to start position, and repeat with opposite leg.

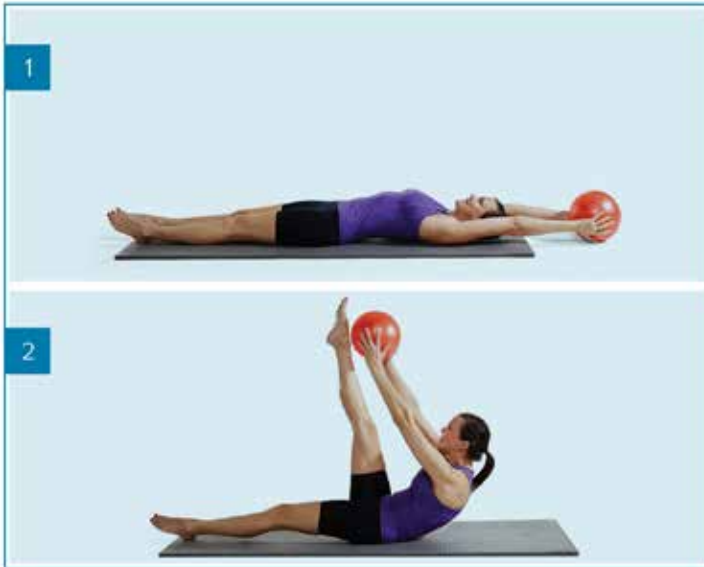
LEG CURL



Lie on back on floor, position heels on top of ball hip-width apart with arms straight on floor along sides of body. Tighten low back and buttocks, and slowly lift hips upward while arching low back and straightening body.

Press heels into ball, lift hips upward and slowly bend legs while rolling ball across floor and bringing heels toward buttocks. Hold 1-2 seconds and slowly return to start position.

SINGLE KICK



Lie on back with legs straight and together on the floor. Hold ball with both hands, extend arms above head and pull abdominal muscles inward.

Slowly lift upper body upward with arms straight overhead while simultaneously lifting one leg up and backward, ending when ball reaches toward top of foot. Keep back straight with opposite leg and hips stationary on the floor. Hold 1-2 seconds and alternate legs.

TRUNK CURL



Lie with low back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Bend arms and place hands behind head.

Keep ball stationary, tighten abdominal muscles, slowly raise head and shoulders up and forward while pulling ribs down toward hips. Hold 1-2 seconds and slowly return to start position.