

CORE MENU

(choose one per day)

Circuit A: (go through in order 3x's)

Ball crunches x20
Lying opposites x15
Ball twists x20
Good mornings x15
Push ups to fatigue

Circuit B: (go through in order 3x's)

Iso abs 30 seconds in all 3 positions
Flat foot full sit-ups x15
Hyperextensions x15
Hamstring pushups x10
Push ups to fatigue

Circuit C: (go through in order 3x's)

Heels to sky x20
Side crunches x20
Hyperextensions x15
Push ups to fatigue

Circuit D: (go through in order 3x's)

Ball twists x20
Leg lifts x20
Kneeling opposites x15
Side crunches x15 each side
Pushup to twist x10

Ball crunches:

Should be done with feet flat on the ground

Put a ball between your knees

Crunch up, hold and squeeze your abs for three seconds, and slowly return to start. (Use this crunching/squeezing method for side crunches as well.)

Ball twists:

Ball in your hands

Lean back a little keeping your upper body straight

Keep your feet on the floor

Twist left to right touching the ball on the ground next to or just behind your hip each time you twist

Each touch is 1 rep.

Good mornings:

Standing up keep your legs straight and your back straight (shoulders back in proper posture)

Place ball behind your head on your neck

Bend from your hips only to 90 degrees

Hamstring pushups:

Stand upright on your knees

Lock your feet under something or have someone stand on the bottoms of your feet

Pretend there is a board tied around your head and upper legs

Slowly lean forward until your hamstrings can't hold you anymore

Relax your hamstrings, fall forward, and yourself in the pushup position (IMPORTANT TO KEEP FLEXED ELBOWS!!!)

Explode back up to the straight up position from the pushup (if you need to start with walking your hands back up to get to the starting position that's ok, but progress to the explosive pushup)

Heels to sky:

Lye on your back
Leg straight up in the air
Ball between your feet
Press heels to the sky raising your butt off the ground

Hyperextensions:

Lye on your stomach
Raise upper and lower body at the same time

Iso abs:**Position 1:**

Lye on your stomach
Support your upper body up on your elbows
Raise your hips off the ground so that the only things touching are your lower arms and your toes
Tighten your abs and butt to hold this position for 30 seconds

Position 2 and 3:

Lye on your side
Support your upper body on your lower elbow
Raise your hips off the ground so that the only things touching are your lower arm and outside of lower foot
Tighten your obliques (side abs) to hold this position for 30 seconds
Flip over and target the other side

Kneeling opposites:

Kneel on all fours
Similar to lying opposites
Raise opposite leg and opposite arm
Alternate

Leg lifts:

Lye on your back
Raise legs straight up
Lower them to just about 6 inches off the ground

Lying opposites: (low back)

Lye on your stomach
Raise your opposite arm and opposite leg at the same time
Alternate – a set is when you have raised both sides

Push ups:

Do not do them on your knees.
Do as many as you can, and record on your calendar how many you did each time.
Vary your hand positions (wide, neutral, close, etc.)
Add twist:
Push-up then twist to balance on one arm reaching back as far as you can