

SASO Ab Workout

<https://www.youtube.com/watch?v=AiAog6l1Zk8>

Hi SASO! The video will present one of the three workouts that will be released. These are workouts that you can do in the comfort of your own home and done as a family!

Each of the workouts will be done in the following format:

- 3 sets
- Set 1: 10 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side; Continuous until the number of repetitions are complete.)
- Set 2: 15 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side. Continuous until the number of repetitions are complete.)
- Set 3: 20 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side. Continuous until the number of repetitions are complete.)

The ab workout consists of the 5 following exercises:

- Ab Halo
 - o Be sure that your hips come all the way off the ground, squeezing one side of the abs as you swing (slow and controlled) in a full circle
- V Up with a Twist
 - o Think about bringing your opposite shoulder and knee as close together as possible
- Scaredy Cat Mountain Climber
 - o Start this movement with the knee drive
 - o Squeeze the stomach as hard as possible- and then raise your hips to the ceiling as far as possible
- Heels to Heavens/Dragon Flag
 - o Make sure that you are using your abs- not your low back- to do this exercise
 - o Bring your shoulders as far away from your ears as possible (lock your shoulders down)
- Rocky Crunches
 - o Bring your torso up and rotate the body- similar to the V Up Twist
 - o Squeeze the left side of the belly as you twist to the left, same for the right side