Workout 2

Double Leg Ab Press – Lie on back with thighs making 90 degree angle with upper body – flex feet and keep elbows bent and pulled to sides – create resistance by pushing back against hands with knees – lift shoulders off floor and hold

1. 3 reps – 30 seconds on, 30 seconds off – Double Leg Ab Press

Lemon Sqeezer (Suitcase)– lie flat on floor with arms at side – squeeze abs and bring torso and knees up off the ground towards each other – pause at the top of the motion – lay back but not completely – keep arms parallel to ground

1. 15 reps - Suitcases

V-Up (Pikes) – Lie on back – arms at sides – simultaneously raise both legs and lift torso reaching arms forward until they are nearly touching feet – maintain a flat back and try to form a perfect V shape with torso and lower legs

1. 15 rep - Pikes
2. Planks / Bridge
3. Plank – hold for 40 sec
4. Reverse plank – hold for 40 sec (sit with legs extended in front and arms directly behind – push through palms and raise glutes and hips off the ground until body forms a straight line from the shoulders to the feet)
5. Bridge – hold for 40 sec

Repeat 2 times – 1 minute rest between sets

1. Bicycle crunch – 3 sets of 15
2. Sits ups – 3 sets of 15

Quadruped – begin on all fours with hands, knees and feel shoulder width apart – fully extend one leg while straightening the opposite arm in front – hold for 10 seconds (contracting your abs and tensing your thigh muscles) – keep as still as possible – lower the leg and arm slowly when returning to the start position. Repeat on same side 2 more times. Switch sides.

1. 2 sets on each side - Quadruped

Push- up Walkout – from standing position, bend forwards and place hands slightly wider than feet – keep knees as straight as possible – walk slowly forward on hands one step at a time – step forward until in push up position – do 10 push -ups – walk back on hands to standing position

1. 2 sets – Push-up walkout
2. Chair Dips – maintain good position (90-degree angle) – 30 perfect form
3. Butt kicks – 3 sets of 30 sec each

Congratulations - Done