

## AB EXERCISES

Don't forget to switch the abs "ON" on before you perform the exercise.

Reps: 15-20 (60-90seconds on each exercise)

Speed: Slow & controlled (eliminate as much momentum as possible)

Level 1: **Easy**, Level 2: **Moderate**, Level 3: **Harder**

If necessary please consult a doctor before starting a training program. Please stop exercising if at anytime your lower back should start to hurt.

### ON THE FLOOR

#### LEVEL 1

- **SPINE PRESS:** Lying on your back with knees bent and feet on the floor. Tighten your pelvic floor and then tilt your pelvis so your back is pushed into the floor. Hold for 10secs then release.
- **HEEL DROP:** Lying down on your back with both knees up to your chest and bent. Tighten you abs and slowly lower one heel down towards the floor making sure that your back does not pop off the floor. Extend legs out further to make more difficult.
- **CRUNCH:** Lying on your back, activate your pelvic floor and draw your belly button towards your spine without pushing your back into the floor. Place your hands on your temples. Slowly lift your shoulders off the floor contracting the abdominals. Hold at the top position for a count of 3 and then slowly lower back down to the floor. If your neck hurts then place a fist between your chin and chest. Try to lift with your shoulders rather than your head
- **KNEES UP CRUNCH:** Lying on your back, feet off the floor, knees bent and ankles crossed. Tighten abs; curl up so that your elbows touch your knees. Pause briefly then slowly lower back to the floor.
- **KNEES UP TWIST CRUNCH:** As above but with a twist, right elbow to left knee and vice versa.
- **HIP LIFT / BRIDGE:** Lying on your back, knees bent. Push your lower back into the floor and lift your hips to the ceiling until you create a straight line between your knees and your shoulder. To make the exercise harder tighten abs and lift one leg 3-6inches off the floor whilst maintaining a level pelvis.
- **BACK EXTENSION:** Lying face down, place your hands on your butt. Gently lift your upper body off the floor.

#### LEVEL 2

- **BICYCLE CRUNCH:** Lying on back, pump legs as if on a bike and at the same time take opposite elbow to knee. Keep the movement slow and controlled.
- **TWIST CRUNCH:** Lying on your back, with your knees bent. Place hands on to temples, tighten your abs and lift your shoulders off the floor. At the same time lift your right knee off the floor to meet your left elbow over your stomach. Lower back down and repeat with other elbow and knee.
- **PLANK ON THE MAT:** Kneel on the floor, lie down and position yourself on your elbows. Lift up off your knees so your toes and forearms are only in contact with the floor. Hold for 30-60secs. To make harder lift one leg 3 inches off the floor, hold for a pause, return foot and then lift other foot.
- **STUTTER CRUNCH:** Lie on your back with knees bent. Perform an abdominal curl, **hold**, and then try and lift further again, **hold** then slowly lower yourself back to the floor.
- **GLUTE LIFT:** Lie face down on the floor resting your head into your hands. Bend your knees so that the soles of your feet are facing the skyward. Tighten your abdominals and lift your knees off the floor squeezing your butt and lower back muscles. You should be only able to lift your knees a couple of inches off the floor. Hold for a second or two then lower your knees back to the floor.
- **SCISSOR LIFT:** Lie face down on the floor resting your head into your hands. Spread your legs as wide as you can. Keeping your legs straight, tighten your abs and lift both legs off the floor. Hold for a second or two then lower your legs back to the floor.

## LEVEL 3

- **4 POINT CRUNCH:** Lying on your back knees bent. Perform an abdominal curl (1), and then rotate to the right (2), rotate back to centre (3) and then lower to the floor (4). Repeat on the other side.
- **ROLL DOWN:** Start in a seated position with your legs out in front of you with your knees slightly bent. Place your hands on to your knees and lower your upper body down towards the floor as slowly as you can one vertebra at a time. Keep the movement as slow as you can.
- **REVERSE CRUNCH:** Lie on back with knees up in the air. Then slowly using the abs pull the knees towards your head without using excessive momentum. Pull in and hold briefly and then slowly lower back to the start position.
- **DOUBLE CRUNCH:** Lying on back with both knees bent. As you curl upper body off the floor bring both knees up to meet the elbows. The simultaneously lower knees and upper body back to the start position.
- **STRAIGHT LEG SWAP:** **Lying** on your back, hands down by your side, place one leg straight out in front of you and the other pointing to the ceiling. Swap both legs over, pause and then swap again.

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## ON THE BALL

### LEVEL 1

- **SITTING ON THE BALL:** Sit on the ball as if it were a seat. Tighten abs and pelvic floor. Gently lift one foot off the floor by a couple of inches. Hold for 10secs and put back down. Repeat with the other leg.
- **PELVIC ROTATIONS:** Sitting on the ball, rotate your pelvis in a clockwise and anti-clockwise direction. Also move your pelvis in a forward and backwards motion as well.
- **HIP BRIDGE ON THE BALL:** Lie on your back and place both feet on top of the ball. Push your lower back into the floor and lift your hips off the floor. Hold for 10secs and repeat 10x. To make the movement harder, lift one leg off the ball when you're in the bridge position.
- **INNER THIGH SQUEEZE:** Either sitting on the ball or placing the ball between your legs when you're lying down. Squeeze the ball in 10second bursts so your inner thighs get a good work out.
- **BALL CRUNCH:** Lie down on top of the ball. Heels should be under your knees and knees should be hip width apart. Place your hips at a lower level than your shoulders to make the movement easier. Keep base of spine and top of bum in contact with the ball at all times. Place fingers next to temples, breath out and curl yourself upwards using your abs keeping the ball motionless.
- **BALL TWIST CRUNCH:** As above, but add a twisting motion as you curl up.

### LEVEL 2

- **FORWARD BALL ROLL:** Kneel behind the ball; place your hands on top of the ball. Using your knees as a pivot, keeping your core strong, slowly roll the ball forward maintaining a straight line from your shoulder to your knee. Don't go too far and then pull yourself back to the start position.
- **PLANK ON THE BALL I:** Kneel Behind ball, roll over the top of the ball and walk hands out until shins are on top of the ball. Pull Shoulder blades down and back and hold abdominals in. Aim to stay as static on the ball as possible. Aim to hold for 30secs. To make even harder lift alternate legs up 3 inches off the ball.
- **PLANK ON THE BALL II:** Place your forearms on the ball. Stretch your legs out behind you on to your tip toes. Maintain a straight line from your shoulder down to your ankle. Aim to hold for 30secs+
- **BALL SQUAT:** Place the ball into the small of your lower back and rest the ball against a wall. Place feet out in front of you and slowly lower your bum down towards the floor. Hold and pause at the bottom position, then push yourself back up to the start position.
- **PRESS UPS I:** To start place the ball high up against a wall for additional stability. Adopt a press up position with your hands on top of the ball. Then lower your chest down towards the ball. To make harder lower the ball down the wall so now it is contact with the floor.
- **BACK EXTENSION:** Roll over the top of the ball keeping your toes in contact with the floor. Place your fingers next to your temples and let your upper body curve around the ball. Tighten your abs and slowly lift your upper body off the ball. Keep your eyes looking towards the floor at all times.
- **GLUTE LIFT:** Roll right over the ball and rest on to your forearms on the floor. Keeping the legs together tighten your abs and lift both your legs off the floor, squeezing your glutes and lower back.

## LEVEL 3

- **HAMSTRING CURL:** Lie on your back and place both feet on top of the ball. Push your lower back into the floor and lift your hips off the floor. Then using your heels pull the ball in to your bottom, bending your knees. Straighten your legs keep your hips and return your back down to the floor.
- **BRIDGE ROTATION:** Lying down on top of the ball in a bridge position. Place your hands together above your chest. Rotate your hands over to the right hand side whilst rotating your upper body, letting the ball travel around your shoulder blades on to the right shoulder blade. Rotate back to centre and then over to the left.
- **SINGLE LEG BALL SQUAT:** As above but this time balance on one leg.
- **PRESS UPS II:** Kneel Behind ball, roll over the top of the ball and walk hands out until shins are on top of the ball. Pull Shoulder blades down and back and hold abdominals in. Bend elbows and lower chest down to gap between your hands. For an easy press up rest your knees on the ball, to make press up harder move further over the ball so shins or feet are resting on the ball
- **TRICEP DIPS:** Sitting on the ball with the ball resting against the wall. Place your hands behind you on the ball and lift your bum off the ball. Bend the elbows and lower your bum down towards the floor.