

Friday
week **9_11**

ABS

Leg raises with hip raise

Straight leg jackknife

Mountain climbers

Ab bikes

Bench hops

Weighted bent leg jackknife

Leg raises on bench

Raised leg sit ups with twist

CIRCUIT ONE

20
reps

Leg raises with hip raise



20
reps

Straight leg jackknife



50
reps

Mountain climbers (25 each side)



20
reps

Ab bikes



CIRCUIT TWO

30
reps

Bench hops (15 each side)



20
reps

Weighted bent leg jackknife



20
reps

Leg raises on bench



30
reps

Raised leg sit ups with twist (15 each side)



39. LEG RAISES WITH HIP LIFT

1. Start by lying flat on your back with your arms extend alongside your body and legs raised to 45 degrees from the floor. *If you are doing these on a bench, hold the bench behind your head firmly with both hands.*
2. With your feet together, continue raising the legs until they create a 90 degree angle with your hips.
3. Once at 90 degrees, lift your hips off of the bench and push your feet towards the ceiling.
4. Slowly lower your hips back onto the bench and release your legs back down to 45 degrees.
5. Repeat.



7. STRAIGHT LEG JACKKNIFES

1. Start by lying straight on your back with both arms above your head.
2. Engage your abdominal muscles by drawing in your belly button to your spine
3. Keeping your feet together, contract your abdominal muscles and lift your legs up so that they form a 90 degree angle with your hips.
4. At the same time, bring your hands up towards your feet slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release both your arms and legs outwards, lying back down with legs straight and arms above your head.



41. MOUNTAIN CLIMBER

1. Starting in push up position with arms slightly wider than shoulder width apart, position your body weight over your hands.
2. Keeping your left foot on the floor, bend your RIGHT knee and lift it in towards your chest before extending it.
3. Then place your right foot back on the floor and bend your LEFT leg and lift it in towards your chest.
4. Increase speed so it's as if you are running on your hands. *Never allow the leg that is moving to touch the floor.*
5. Repeat for as many reps as stated.



32. AB BIKES

1. Start by laying flat on your back with your head raised and hands behind your earlobes.
2. Bend your knees so that they are 90 degrees to your upper legs and your upper legs are 90 degrees to your hips.
3. Extend your RIGHT leg so that is approximately 45 degrees from the floor, whilst simultaneously bringing your LEFT knee into your chest.
4. Immediately after you have brought your knee into your chest, extend your LEFT leg completely so that is 45 degrees from the floor and bring your RIGHT knee into your chest. This creates a 'pedalling/bike-like' motion.
5. Once you have grasped the movement, incorporate a twist with the upper body, which can be achieved by meeting the knee with the opposite elbow. For example, as you bring the RIGHT knee into the chest, twist your upper body over to the right so that it can meet your LEFT elbow.
6. Repeat.



15. BENCH HOPS

1. Position yourself on the left side of the bench, placing your hands flat on the top of a flat bench with your fingers facing outwards.
2. Transfer your weight from your legs to both your hands and abdominal muscles and quickly jump your feet up and over the bench, landing on the right side. You'll need to tuck your knees into your chest as you jump so as to prevent hitting your knees on the bench.
3. Immediately jump back over to the left of the bench and repeat for the number of repetitions stated.



5. WEIGHTED BENT LEG JACKKNIFES

1. Start by lying straight on your back on the floor, holding a dumbbell above your head with both hands. Ensure that your elbows remain tucked in.
2. Engage your abdominal muscles by drawing in your belly button to your spine.
3. Keeping your feet together, contract your abdominal muscles and bend your knees in towards your chest.
4. At the same time, bring the dumbbell up towards your knees - slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release the weight and your legs outwards, lying back down with legs straight.



11. STRAIGHT LEG RAISES (REGULAR & ON BENCH)

1. Start by lying flat on your back with your legs straight placing both hands underneath your coccyx bone.
2. ** If you are doing these on a bench (shown below), place your hands behind your head and firmly grasp the bench**
3. Keeping your feet together and legs straight, contract your abdominal muscles and lift your legs up until they form a 90 degree angle with your hips.
4. Slowly lower your legs towards the floor, ensuring that your legs remain straight and feet flexed.
5. Tap the floor with the heels of your feet and repeat. If on a bench, extend your legs so as to form one straight line with the rest of your body.



14. RAISED LEG SIT UPS WITH TWIST

These can also be preformed on a decline sit up bench at the gym.

1. Start by lying flat on the floor with your feet up on a flat bench.
2. Bend your elbows, keeping your hands behind your earlobes (as shown in photo)
3. Engage your abdominal muscles by drawing your belly button in towards your spine.
4. Slowly release your left hand and extend forward slowly allowing your head, shoulder blades and torso to lift off of the floor.
5. As you continue to sit up, twist over your right side in order to touch the bench immediately next to your right foot.
6. Slowly untwist your body and release your torso, bringing your right hand back in towards your ear.
7. Repeat on right hand.

