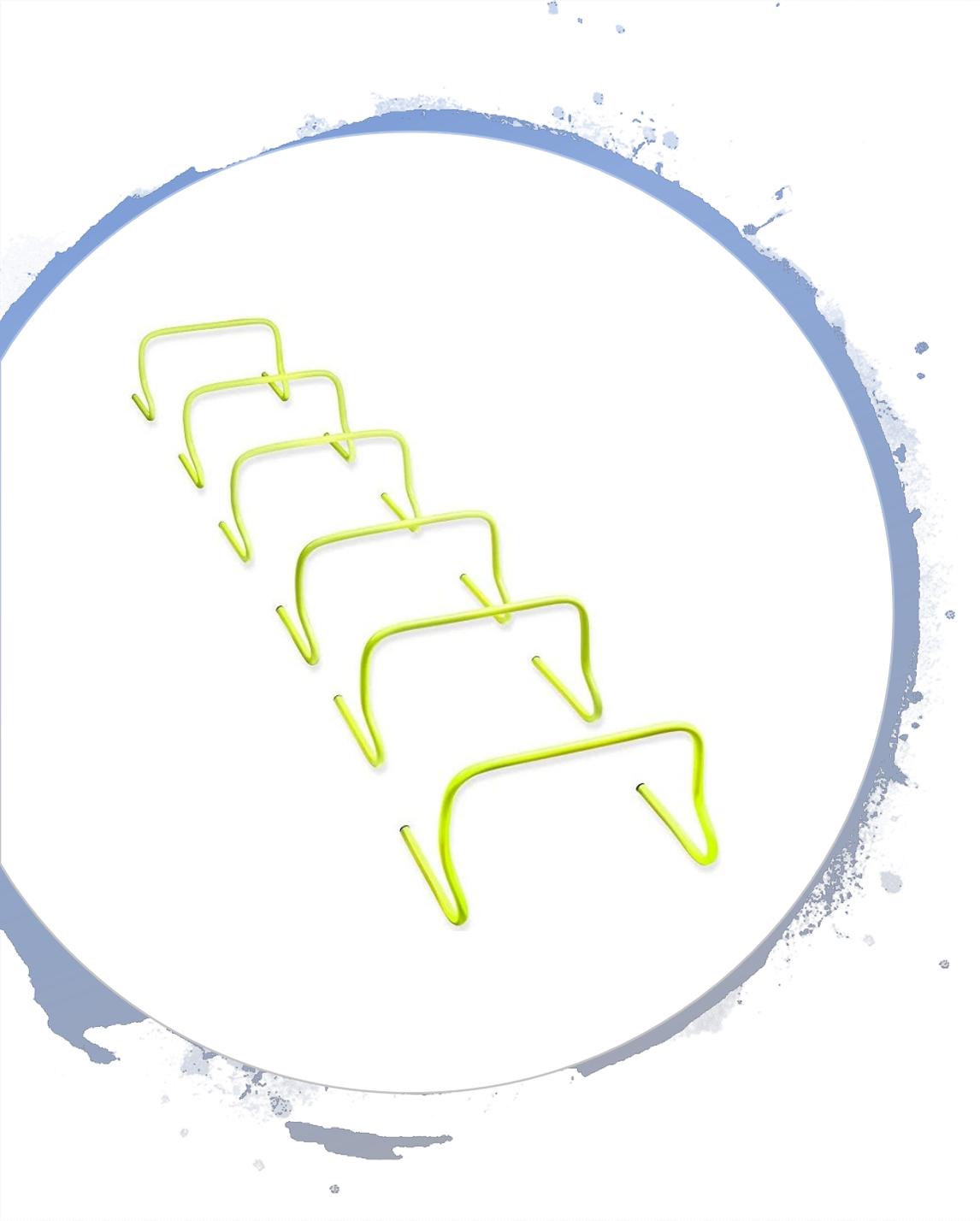


Workout of the Day

Abs and Cardio Day!



Abs and Cardio Day

Equipment needed:

You will need 6-10 cans, boxes, or stuffed animals about the same height to make a line of hurdles/markers.

** Reps and sets are suggestive. Do as many reps as you feel comfortable challenging yourself with**



Abs and Cardio Day

Round 1

- 20 Single Leg Drops
- 20 Leg Drops
- Hurdle: Side Steps
- 30 second break

Repeat 1-3 times

Round 2

- 20 Reverse Crunches
- 20 Combo Crunches
- Weaving Sprint
- 30 second break

Repeat 1-3 times

Round 3

- 20 Bicycle kicks
- 20 Dead Bugs
- Bounds
- 30 second break

Repeat 1-3 times

Round 4

- 40 Scissor kicks
- 40 Flutter kicks
- Forward and Back Shuffle
- 30 second break

Repeat 1-3 times

Single Leg Drops



Start lying on your back with both legs long towards the ceiling.

Keep the abs tight as you lower one leg a few inches off the floor, then switch legs.

The movement is slow as you work the abdominals. Never go so low with your legs that your back pops off the mat.



Double Leg Drops

Lie on your back, arms by your sides and legs flat on the floor.

Engage your abs and lift your legs until they are directly above your hips. Keeping your lower back pressed firmly into floor, lower your legs to the starting position.

Modification: Lighten the load by bending your legs and shortening the lever.
Make it harder Take 5 seconds to lower your legs with each rep.



Hurdle: Side Steps

Start facing sideways, and with a quick lateral step, touch between your markers with both feet. Avoid hopping by stepping first with the lead foot, while pushing off of your back foot. When you have finished, repeat facing the other direction to get equal work on both sides. Repeat 4 times

Reverse Crunch



start off by laying down on the ground with your hands flat at your side, palms down. Raise your legs up to a 90 degree angle like in picture

A. Now, raise your hips and bottom off the ground and crunch them inwards like in

B. Make sure that you are flexing your ab muscles to get the best out of this exercise. Hold it for 10 seconds and slowly lower your legs down until your ankles almost touch the floor like in

C. Go back to start position. That is 1 rep.



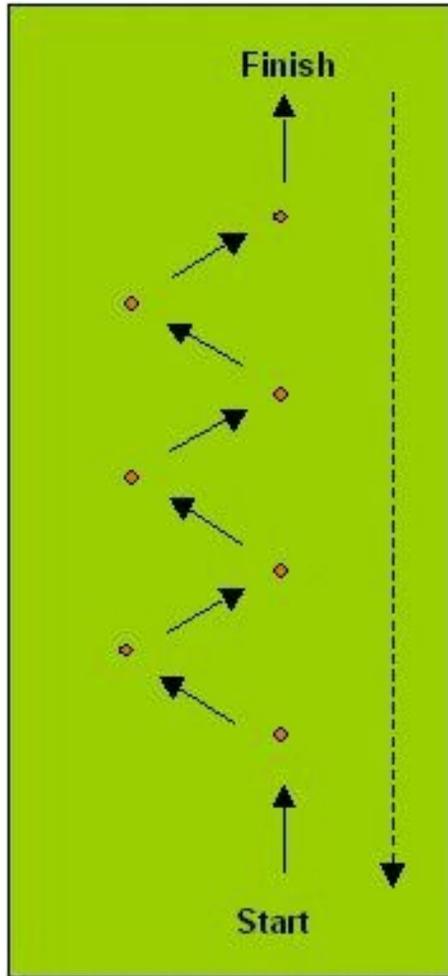
Combo Crunch

Lie on your back with your legs elevated, knees bent, and ankles crossed. Place your hands behind your head. Keep your head and neck in alignment as you perform the exercise.

Slowly and gently contract the upper body toward the lower body while lifting the hips off the floor. Slowly lower to starting position.



Weaving Sprint



Line up five-ten cans (or other markers) in a staggered row, about 18 inches apart (a bit less than your average stride).

Start at one end and weave through the cones, running as fast as possible without knocking them over. At the end, turn around and jog back. Do four reps, then complete ab exercises again. Repeat the sequence three times.



Bicycle kicks

Start lying flat on your back, legs fully extended, and both hands behind the head.

Begin by pressing your lower back into the ground. This will eliminate any arch in the low back and help engage your core before starting any movement.

From here, bring both hands behind the head and raise the shoulders off the floor.

Next bring your right knee toward your chest and simultaneously rotate your shoulders to bring the left elbow to toward the right knee.

Make sure to keep the leg that isn't bending fully extended and low to the floor to get the best engagement.

After touching the right knee to the left elbow, rotate your shoulder and bring the left knee to the right elbow. Perform these movements slowly and controlled for the best core-burning results

Dead bugs

Allow your shoulders and lower back to fall heavy to the floor.

Draw your shoulders down away from your ears. To get into the starting position, lift your hands so your elbows are above your shoulders with your fists facing in toward each other.

Lift your legs so your knees are directly over your hips.

On an exhale, slowly lower your right arm and left leg until they're just above the floor.

On an inhale, bring them back to the starting position.

Repeat on the opposite side.

This is 1 rep.

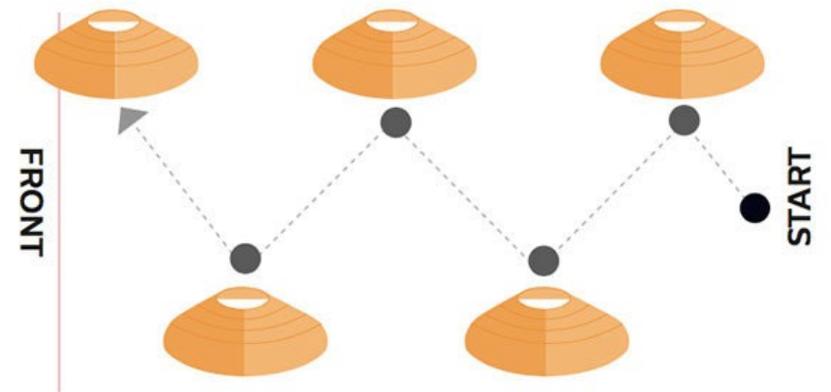


Bounds

Place five cones on ground in a zig-zag line about 3 feet apart from one another. Stand behind first cone, diagonally to its left, with zigzag line of cones extending before you. Push off left foot (swinging arms behind you) and bound forward and to the right. Land on right foot next to first cone. Push off right foot to bound forward and to the left, landing on left foot next to second cone. Continue this pattern. At the end, turn around and repeat in opposite direction.

Repeat two - four times

Modification: After landing on one foot, do not touch other foot to ground before bounding in opposite direction.



Scissor Kicks

STEP 1



STEP 2



Lie on your back with hands behind your head and legs extended. Lift legs and shoulders a few inches off the floor. Open and close legs, alternating crossing one leg on top of the other.

Modification: Keep shoulders on the ground or place hands under your bum for more back support

Flutter kicks

Lie on your back with legs straight and arms extend out at your sides. Lift your heels about 6 inches off the floor and rapidly kick your feet up and down in a quick, scissor-like motion.



Forward and Back Shuffle

Leave cones in same position as in previous exercise. Face parallel to cones, standing to the left of the leftmost cone. Shuffle forward and around to the right of first cone, then back-ward and around second cone, then forward and around to third cone. Continue in this weaving pattern. At end of cones, reverse shuffle movement back to start. Repeat three- six times, then complete ab exercises again. Repeat the sequence three times.

Modification: Do a burpee when you reach the end of the line.

