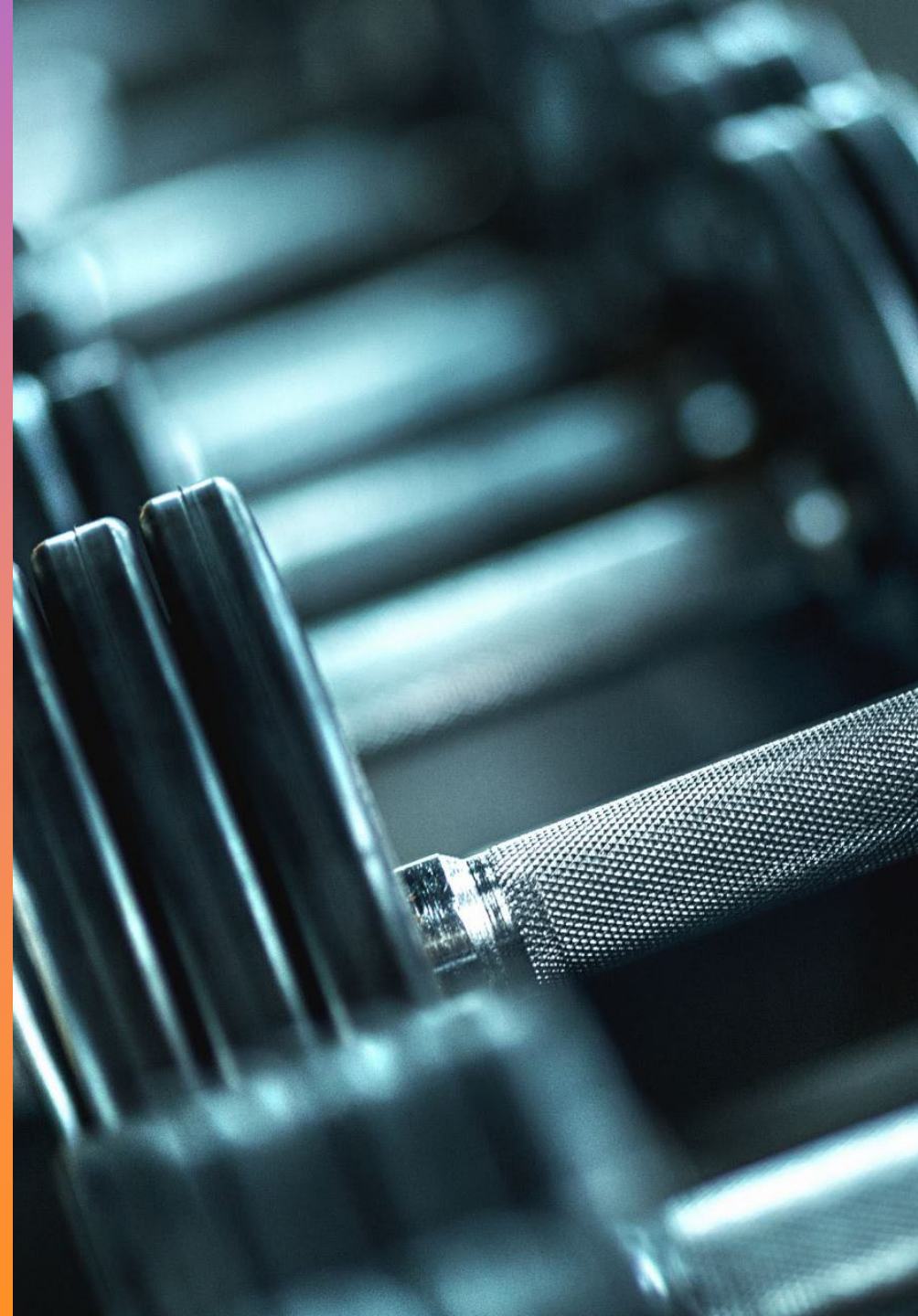


# WORKOUT OF THE DAY

Abs and Core Tabata



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# Abs and Core Tabata

## Equipment Needed:

- Mat

## Workout:

- Complete the Tabata Set, alternating
- through the exercises, (20 seconds working, 10 seconds
- break, 8 Rounds. Apps available online)

## Objective:

- Is to work at MAX effort for 20 seconds because you have a break coming.



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# Abs and Core Tabata

## Warm-up Tabata

- Crunch
- Plank
- Toe Taps
- Froggers

Repeat 2 rounds

30-60 second break

## Tabata Set 1

- V-Sit hold
- V-Sit Twist
- V-Sit In and Outs
- Mountain Climbers

Repeat 2 rounds

30-60 second break

## Tabata Set 2

- Back Extensions
- Swimmers

Repeat 4 rounds

30-60 second break

## Tabata Set 3

- Dead Bugs
- Combo Crunch

Repeat 4 rounds

30-60 second break

## Tabata Set 4

- Army Crawl Left
- Army Crawl Right

Repeat 4 rounds

30-60 second break

## Tabata Set 5

- Heel Touches
- Flutter Kicks
- Reverse Crunch
- Plank Hold

Repeat 2 rounds

30-60 second break

## Tabata Set 6

- Side Plank Right
- Side Plank Left
- Plank w/ Shoulder Tap
- Burpees

Repeat 2 rounds

**DONE!!**



# Crunch

- Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale.
- Exhale and lift your upper body, keeping your head and neck relaxed.
- Inhale and return to the starting position.





# Plank

- Get into plank position with your elbows on the ground right underneath your shoulders your feet hip-width apart. Make sure your back is flat and your head and neck are in a neutral position.
- Drive your elbows into the floor, and squeeze your quads, glutes, and core.
- Inhale through your nose and exhale through your mouth—don't hold your breath.





# Toe Taps

- Lie on your back with your arms alongside your hips. Lift your legs up and bend your knees so they are right over your hips and your shins are parallel to the floor.
- Contract your belly to pull your navel to your spine. Slowly lower your right foot and leg to "tap" the floor. Keep the 90-degree bend in the knee as you lower. Return the right leg to the start and repeat with the left leg. Alternate

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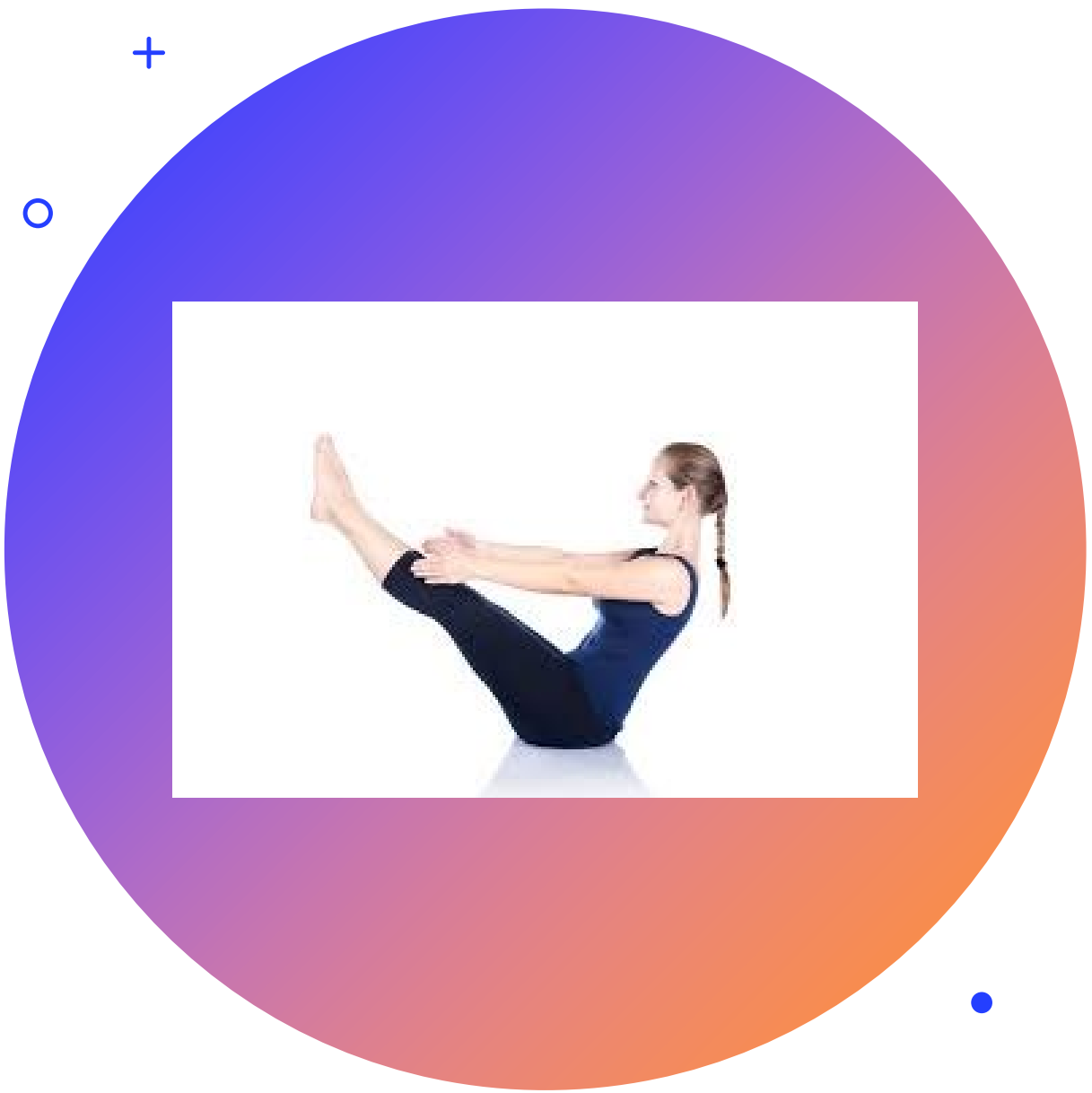
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# Froggers

- Stand with your feet shoulder-width apart and your arms by your sides.
- Lower into a squat position and place your hands on the floor.
- Kick or step your legs back into a plank position.
- Jump or step your legs forward to return to a squat position.
- Return to the standing position.

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# V-Sit Hold

- Lie on your back with your arms overhead. Lift your arms, shoulders and legs off the ground and hold this lifted position by contracting your abdominals.
- Reach your arms straight toward your shins while maintaining a strong spine.





# V-Sit Twist

- Lie down with your legs bent at the knees.
- Elevate your upper body so that it creates a V shape with your thighs.
- Twist your torso to the right, and then reverse the motion, twisting it to the left.
- Repeat the movement.





# V-Sit In and Outs

- Start in a seated position with your knees bent and feet off the floor. Your chest should be open and lifted.
- With your arms by your sides, slowly unfold from your seated v by simultaneously lowering your torso and legs toward the floor. Stop when your legs are around a 45-degree angle, or when you feel your lower back arch away from the floor. Be sure to keep your head and shoulders off the floor and your lower back pressed into the mat.
- With your core tight and tucked, use your abs to return to the starting position.



# Mountain Climbers

- Start in a traditional plank — shoulders over hands and weight on just your toes.
- With your core engaged, bring your right knee forward under your chest, with the toes just off the ground. Return to your basic plank. Switch legs, bringing the left knee forward.
- Keep switching legs and begin to pick up the pace until it feels a little like running in place in a plank position.
- Perform reps per side.



# Back Extensions



- Start lying face down on mat. Lift abs away from mat to engage them and slide the shoulders down the back. The head is lifted in a low hover. Your body is one long line.
- Using your back muscles and core, lift the chest away from the mat into extension as you exhale. Think of lengthening from the crown of the head.
- Inhale and return back down to the mat slowly getting longer through the spine as you return.

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# Swimmers

- Lay on belly.
- Lift arms and legs up. Alternate arm and leg (left leg, right arm... right leg, left arm)

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# 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.

# 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.



# Army Crawl

- Begin in a plank position with your shoulders over your wrists, your feet together, and your body in a straight line.
- Bend your left arm so that it is now in forearm plank position.
- Then bend your right arm so you are in a full forearm plank position.
- Lift your left hand and place it on the mat directly below your shoulder as you push through your palm to lift yourself.
- As you reach the top, place your right palm on the floor under your right shoulder and push back into a full plank. Repeat.







# Heel Touches

- Don't lift your upper body, or roll your shoulders forward as you move, your abs need to be side crunching as you reach your fingertips to your heel.





# 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.



# Reverse Crunch



- Lie on the floor with your legs up and slightly bent, hands at your sides with palms faced down.
- Brace your torso by contracting as if someone were going to punch you in the tummy. Lift your hips up, hold for three seconds, then release down to the start position, keeping your legs in the air.
- That's one rep.



# Plank Hold

- Get face down on the floor resting on your forearms and knees.
- Push off the floor, raising up off your knees onto your toes and resting mainly on your elbows.
- Contract your abdominals to keep yourself up and prevent your booty from sticking up.
- Keep your back flat — don't let it droop or you'll be defeating the purpose. Picture your body as a long straight board, or plank.





# Side Plank

- Lie on one side with your legs stacked and fully extended.
- Using your lower elbow and forearm, prop your body up, making sure to keep your abs tight the entire time. Your body should form a straight line from shoulders to ankles.





# Plank w/ Shoulder Tap

- Begin in a plank variation with your feet slightly wider than your hips.
- Bring your right hand to your left shoulder, then place that hand back on the mat. Bring your left hand to your right shoulder and return it to the mat.
- Bring your right knee and your left hand toward one another under your body. Return to a plank, and switch sides so your left knee meets your right hand. This counts as one rep.



# Burpees

- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
- Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and explosively jump up into the air.
- Land and immediately lower back into a squat for your next rep

