

The 5 Ab Exercises You're Missing!

Abs, Back, Cardio, Legs

Today's workout should be completed in a circuit fashion! Your goal is to go through the entire circuit as many times as you can in 20 minutes. Now THAT'S an ab burn... Be sure to rest for as long as you need either during or between exercises. Finish up with 10 mins of cardio!

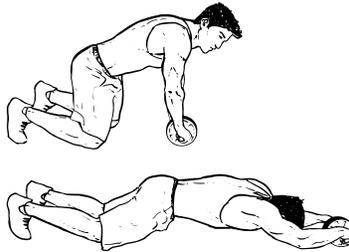
Weighted Russian / Mason Twists



20 reps

Circuit exercise 1: Go for 20 reps per side; ouch!

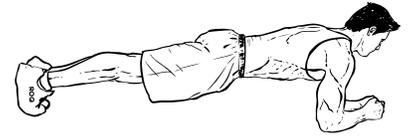
Ab Roller / Wheel Rollout / Kneeling Roll Extensions



8 reps

Circuit exercise 2: 8 reps = a solid burn!

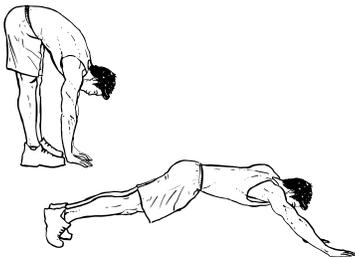
Plank



30 secs

Circuit exercise 3: Hold it steady, get stuck into a good book!

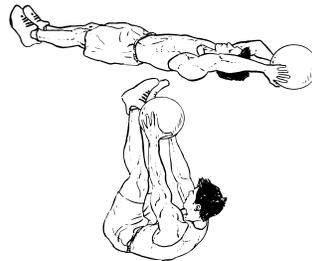
Inchworms / Walkouts



8 reps

Circuit exercise 4: Walk as far out as you can here!

Medicine Ball V-Ups



12 reps

Circuit exercise 5: Once these are complete get back to the start and go again, your abs are asking for it!

Cardio - Sprints



10 min

Perform a cool-down with your favourite hobby. Frisbee by yourself is always fun!

Weighted Russian / Mason Twists

Primary muscle group(s):

Abs, Obliques

Secondary:

Biceps, Forearms, Lower Back

Sit on an exercise mat with your legs fully extended and your upper body upright.

Grip a weight plate between both hands.

Hold the plate out in front of your abdominals keeping your arms bent slightly.

Cross your ankles and raise them off the floor slightly.

Bend your knees towards you slightly.

Lean back about 15 degrees to balance your body. This is the start position.

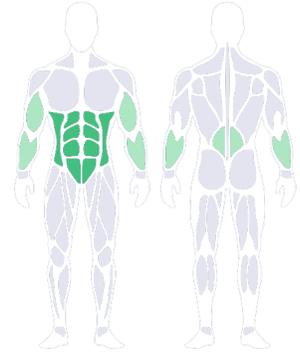
In a smooth motion, turn your torso to the left and touch the plate on the floor. Make sure you exhale as you do this.

Return to the start position inhaling as you do so.

Repeat the same movement, this time to your right side, again exhaling as you do so.

Return to start position and repeat.

! When performing this exercise, use smooth controlled movements. Jerking or using momentum to swing the weight can cause serious lower back injury.



Ab Roller / Wheel Rollout / Kneeling Roll Extensions

Primary muscle group(s):

Abs

Secondary:

Biceps, Shoulders

Kneel on the floor on all fours and place the ab roller in front of you.

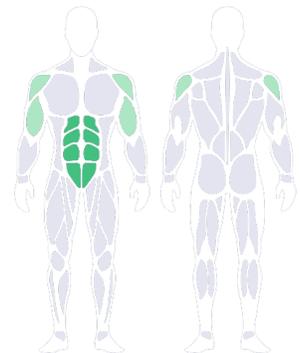
Grab hold of either end of the roller with each hand.

Engage your abs and slowly roll the roller forward in a straight line until your body stretches in a straight position.

Try to roll down as far as you can without touching the floor.

Inhale in as you roll down.

Pull yourself back to the starting position by exhaling and rolling back slowly. Maintain tight abs throughout the movement.



Plank

Primary muscle group(s):

Abs

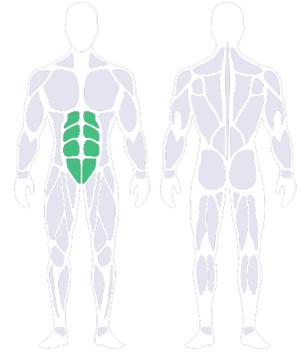
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

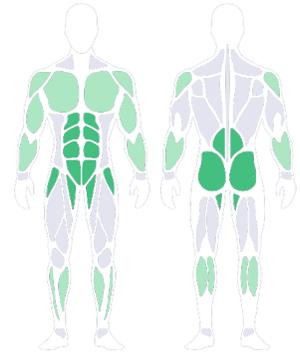
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Medicine Ball V-Ups

Primary muscle group(s):

Abs

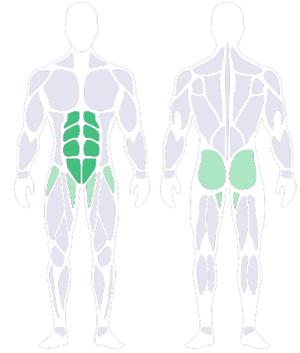
Secondary:

Glutes & Hip Flexors

Lie face up on with a medicine ball between your hands and your arms extended behind you. Keep your arms and legs straight and then raise your feet an inch off the floor.

Raise your torso and legs up at the same time and touch the medicine ball to your feet. Hold for a moment.

Lower down to starting position with arms and ball behind your head.



Cardio - Sprints

Primary muscle group(s):

Calves, Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

Abs, Chest, Middle Back / Lats, Triceps

Hold your body steady in a solid, slightly-leaning-forward position.

Drive your back leg into the floor and begin by taking small, rapid steps that gradually build to bigger, explosive steps.

Pump your arms and use them to pull your body forward, allow your hands to travel from hip to lip as you run.

With every stride, lift your front knee while straightening your back leg completely to deliver full-bursting power.

As you pass the finish line, allow your pace to slow steadily. Do not try to stop yourself instantly, you have no air bag.

