Core Strength

Alternate Twisting Knee Raises: (Bicycles)

**Purpose:** For Lower Abs, Intercostals and Obliques

**Execution:** Lie on your back on the floor, Hands behind your neck, Head raised. Lift both legs off the floor about 2 inches. Raise one knee toward your head and simultaneously twist and try to touch it with the opposite elbow. Return to the starting position and repeat with the other knee. The legs move as if you were riding a bicycle.

Incline Hold:

**Purpose:** For upper abs

**Execution:** Sit on the floor with a straight back and with your hands clasped behind your head. Lie back as far as you can while still holding the back straight. (A partner may be needed to hold onto your ankles) Hold this position until it cannot be held any longer.

Crunch: (includes all variations, legs in the air, side crunches, arms over head, toe-touch, etc)

**Purpose:** For upper and Lower Abs – side crunches for obliques and intercostals.

**Execution:** Lie on your back on the floor. Hands are besides the head, NOT clasped behind. Raise your head and shoulders toward your knees with a sit-up motion and simultaneously lift the pelvis and feel the contraction of the abdominals as the upper and lower parts of the body crunch together. At the top of the movement flex the abdominals even harder to get the fullest possible contraction, then release and return to the starting position.

Torture rolls:

**Purpose:** For Upper and lower abs, obliques, and the lower back.

**Execution:** Lie on your back on the floor. Raise hands out and lift the shoulders off the ground while simultaneously raising feet 2 inches off the ground. Roll up onto your side. Then roll over onto stomach, then onto the other side and so on. Repeat for a set distance (10-15m). The muscles of the entire core region should be continually worked.
Whip Kicks:

**Purpose:** for the lower abs.

**Execution:** Lie on your back on the floor. Grab the ankles of a partner standing over you. Keeping your legs straight and feet flexed, raise them up to your partner’s outstretched hands. The partner then pushes away the legs and your goal is to return your legs back to your partner’s hands as quickly as possible. The legs can be shoved to the side to involve the use of the obliques.

10’s

**Purpose:** To strengthen the upper and lower abs, obliques, and lower back.

**Execution:** This exercise is based upon a series of 4 x 3 sets of 10 exercises. In quick progression (not stopping) Lie on back on floor with your hands outstretched and legs straight. Start by lifting the shoulders off the ground 10 times, then lift your feet off the ground 10 times, then do 10 hollow rocks. (**Hollow rock:** with both your feet and shoulders off the ground, rock back and forth so that your shoulders touch the floor, then your feet, then shoulders, then feet, etc…) Once complete, roll 90 degrees onto your side and repeat. Then roll another 90 degrees onto the stomach and repeat. Finally roll the other 90 degrees onto your other side and repeat.

Temper Tantrums:

**Purpose:** for lower back.

**Execution:** Lie on your stomach on the floor, hands straight out in front of you. Raise one leg off the ground as far as possible while simultaneously raising your opposite arm off the ground as far as possible. Switch to the other leg/arm. Concentrate on feeling the contraction of the lower back.

Sit-Ups: all variations: regular, twisting, knees up in air, etc.

**Purpose:** For the upper and lower abs, and intercostals.

**Execution:** Lie on your back, knees bent, feet flat on floor, your hands on the outside of your thighs. Sit up and bring your head as close to your knees as possible. Be careful not to over compress and hurt the lower back on your sit up surface.