

PARTNER LEG PUSHDOWN – While lying on the floor with partner's feet at your head, hold onto partner's ankles. Raise your legs up and have partner push down legs as hard as possible. Do not let your heels hit the floor. **SIDES** – Have partner push your legs down to the side.

STEERING WHEEL ABS – Use either a 45 lb, 35 lb, or 25 lb plate. Hold the plate at 9 and 3 (#'s on a clock) about 18 inches out in front of your body. Rotate the plate to the side as far as you can go and until your hands end up at 12 and 6 while pivoting on the near foot. Repeat to the other side. Squeeze your external obliques as your performing this exercise.

1-LEG STEERING WHEEL ABS- Stand on one leg while performing exercise.

ABDOMINAL WHEEL- Use an ab wheel- it is a wheel with a handle on each side. While on knees roll forward slowly while holding on to wheel. Go as low as possible. Come all the way up. (Substitute- elbows/toes if no ab wheel)

DECLINE MED BALL TOSS – While lying on a decline bench hold a medicine ball above your head and as you raise up throw the ball to your partner. Have partner throw the ball back to you as you go down. (Substitute- med ball toss while lying on the floor if no decline bench)

ELBOWS/TOES- REGULAR – Get on the floor on your elbows and toes and keep your back straight. **LEFT SIDE** – Turn to the side on your left elbow and the outside part of your left foot and keep your body straight. **RIGHT SIDE** – Turn to the side on your right elbow and the outside part of your right foot and keep your body straight.

LIFT ONE LEG UP- Lift leg up off the floor and hold. If you can't do this, then just do a regular set.

SWISS BALL CRUNCHES - Perform on swiss ball with swiss ball at the small of your back. Your body should be parallel to the floor. Perform a crunch slowly. Squeeze your abdominals. You do not have to come all the way up. **SIDES** – Crunch up to each side. Squeeze your external obliques. **LIFT ONE LEG UP** – Lift one foot slightly off the floor while performing crunch.

(Substitute crunches on floor if no swiss ball)

ONE LEGGED CRUNCHES – While lying on your back on the floor with feet spread apart crunch up towards one foot. Raise the foot of the leg you are crunching towards off the floor about six inches. Your hands should be pointing towards your toe. Let your head lay back. Do not put strain on your neck.

ROMAN CHAIR- (aka elbows/heels). While lying on your back, get up on your elbows and heels. Do not let your hips sag. Squeeze your glutes and hamstrings.