

Fit Bit Friday 152

The Killer Abs Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: In this circuit you'll do a series of 7 moves, 2-3 times through. If you haven't got a medicine ball, any heavy object that you can easily grip in both hands will work. Perform the circuit, moving immediately from one move to the next. After you finish the low plank, rest for 2-3 minutes before starting again from the top. Be sure to focus on form the entire time, consciously engaging your core muscles to get the biggest bang for your buck!

Sets	Exercise	Reps
2 to 3	Medicine ball pike crunch with hip lift - Lie on your back with arms and legs fully extended. Hold a medicine ball or heavy object in your hands above your head. Do a pike crunch, lifting your hips very slightly off the floor at the top of the move. Lower with control and repeat.	15
	Side plank crunch - Get into high plank pose and rotate to balance on your right hand and outer edge of your right foot. Do a side crunch by contracting your obliques and drawing your left knee and left elbow together. Return to start position and repeat.	10 each side
	Up-down planks - Start in high plank, then lower one arm at a time into low plank. One up-up down-down is 1 rep. Continue moving from palms to forearms until all reps are complete.	20 total
	Russian twists - Hold a medicine ball or heavy object in your hands and sit on the floor with your heels touching the ground, leaning back slightly. Rotate the medicine ball from side to side, using your core to help you turn.	20 each side
	Star crunch - Lie on your back and curl your knees into your chest, wrapping your arms lightly around your shins. Extend your arms and legs fully into a star shape, then curl back into a ball. Repeat for all reps.	15
	Corkscrew abs - Lie on your back with legs fully extended on the floor, toes pointed. Place your palms on the ground under your hips. Lift your feet up together a few inches off the ground. Move them in a small circle 20 times in one direction, then reverse and do the same in the other direction.	20 each direction
	Low plank - Get into low plank pose and hold for 30 or 60s, or as long as you can until you collapse!	30/60s, or until failure.
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