



***Pictures and Descriptions
Exercises NOT in the Video Library**

Spider Crawl

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **slowly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Position A – Spider Crawl



Position B – Spider Crawl

Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **quickly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Position A – Mountain Climber



Position B – Mountain Climber

Bicycle Crunch

- Lie on your back and bring one elbow towards the opposite knee.
- Alternate opposite knee to elbow.
- Ensure the lower back is pressed into the floor at all times.



Position A – Bicycle Crunch



Position B – Bicycle Crunch

Ab Roll Out

- Kneel on a mat with your hands on the ab wheel or elbows on a stability ball.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.
- Maintain shoulder over hip, over knee position and avoid sticking your butt out behind you.



Position A – Ab Roll Out



Position B – Ab Roll Out

Plank

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Position A – Plank

Stability Ball Plank

- Brace your abs. Put your elbows on the ball and balance on your toes.
- With your elbows under your shoulders and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Position A – Stability Plank with Ball

Reverse Hip Lift

- Lay with your back flat on the floor, arms by your sides.
- Lift the hips up off the floor as if someone has tied your feet to a rope and is lifting from the ceiling.
- Slowly lower the hips to the ground with control.



Position A – Reverse Hip Lift



Position B – Reverse Hip Lift