

## Core/Abdominal Workout

### CORE/ABDOMINAL

**Sit-up:** Start with 3 sets of 15 repetitions, increase number of repetitions as strength increases.



Have someone hold your feet, or secure them under a couch, bench, weight, etc. Lay on your back, with knees bent. Cross hands over chest and contract your abdominal muscles to curl yourself up, until your elbows touch your thighs. Lower yourself back to the ground, and repeat. Keep enough distance between your chin and chest so that your fist could fit there, so not to strain your neck.



Crunches on an exercise ball. Do 3 sets of 20.

**Bicycle Crunch:** Start with 3 sets of 16 (eight on each side), increase number of repetitions as strength increases.



Lay on your back in a crunch position (shoulder blades off of the floor), with your hands lightly behind your head and elbows out. Hands are only there for support, they should not pull on neck or head – pulling may cause strain. Bring left knee into chest, and twist torso to the left so that your right elbow moves toward your bent knee. Straighten left leg & torso, do the same thing on the right side.



Bicycle crunches on an exercise ball – one leg @ a time, so one foot is always touching the floor to keep your balance. Do 3 sets of 16 (8 on each side).

**Plank & Side Plank:** Start at 30 seconds in each position one time. Increase to two times in each position, then increase time as strength increases.



Start by lying on your stomach with legs together and straight. Prop yourself up onto your elbows and toes so that those are the only parts of your body touching the ground. Keep your butt down so that your body is as straight as possible, with abs engaged to protect any strain on the lower back. *Side:* Start by lying on your right side with legs together and straight. Prop yourself up onto your elbow and side of your right foot, so that those are the only parts of your body touching the floor. Keep your abs engaged to keep your body in as straight of a line as possible, preventing your hips from sagging or poking up.

**Reverse Crunch:** Start at 3 sets of 10 repetitions. Increase repetitions as strength increases.



Lay on your back with arms at your sides, palms down. Raise your legs and bend your knees so that your shins are parallel to the floor. Raise your tailbone off the floor, bringing your knees into your chest by engaging your abdominal muscles. Slowly lower back to the ground, and repeat. Do not use momentum to rock back and forth. This should be a slow, controlled movement that you will feel working your lower abdomen.

### Russian Twists on an exercise ball



– Hold a medicine ball or weight above your chest with straight arms. Keep core tight while twisting from side to side. Do 3 sets of 20 (10 on each side).



Back extensions on an exercise ball – plant your feet on the floor & up against a wall for support. Keep your core tight while you lower your chest to the ball and then extend back up. Do 3 sets of 12.



Side Benders – Stand with feet shoulder-width apart and hold a heavy dumbbell (at least 25 lbs) in one hand, the other hand on your hip. Bend toward the side with the dumbbell, and then straighten back to starting position. Do 25 reps, and then repeat on other side. 3 sets each side.

\*\*\*It is normal for strength/resistance training to cause mild muscle soreness, but if any of these exercises cause you pain – DON'T DO THEM!! If you have any questions or concerns about any of the exercises in this workout, please contact the Rachel Smith at [rachelsmith6@weber.edu](mailto:rachelsmith6@weber.edu).