

EXERCISE PROGRAM

Name: Abdominal & Core Program	Instructor: Crank
Program Aims: Improve Abdominal and Core Strength	Heart Rate Zone: Work it out
Restrains / Injuries: Lower back pain, Pregnancy, Hernia, Neck pain	
Warm Up / Stretches: 5-10 minutes: Walking, light jog, step ups, skipping, shadow boxing	

Exercises	Muscle Group	Reps / Time
<ul style="list-style-type: none"> Sit ups Bicycle crunches V-Sit ups Reverse crunches Scissor kicks Toe touches Roll backs 	Rectus Abdominals	1 min ea x 2-4 sets
<ul style="list-style-type: none"> Leg raises: Double leg raises (advanced) Single leg raises (beginner/intermediate) Hip thrusters 	Transversus Abdominals	1 min ea x 2-4 sets
<ul style="list-style-type: none"> Oblique twist Sit up with oblique twist Heel taps T-Push up 	Obliques	1 min ea x 2-4 sets
<ul style="list-style-type: none"> Pendulums 	Lower Abdominals and Obliques	1 min x 2-4 sets
<ul style="list-style-type: none"> Front plank Toes (advanced), knees (beginner/intermediate) Back plank Feet on a raised step (advanced) Feet on ground (beginner/intermediate) Side plank Legs straight (advanced) Knees bent (beginner/intermediate) 	Core, Abdominals and Lower Back	Ideally holding as long as possible Timed rounds: 30 sec, 1min, 2min, etc. x 1-3 sets
<ul style="list-style-type: none"> Superman (hold each side for 30 seconds) Prone cobras 	Core, Lower back, Hamstrings	2 min round x 2-4 sets
<ul style="list-style-type: none"> Back extensions Opposite arm/opposite leg raises (lay on stomach) 	Lower Back	1 min ea x 2-4 sets

Cool down / Stretches, 5-10 min

Stretches - Lower back, hamstrings, glutes, you can use a foam roller

Other

*Always engage core and draw in abdominal muscles.

*Stretch out lower back well after session.

*Can substitute time for repetitions i.e. 30 situps, 30 back extensions, 30 oblique twists, etc.

*If you have any questions about the program, email mel@crankhf.com.au