

Abs Baby

29 min · Abs

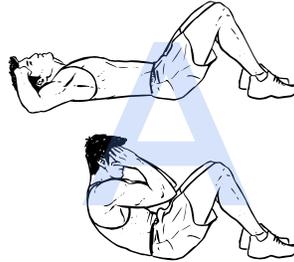
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Bicycles



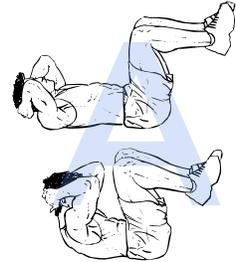
2 sets 45 secs 15 sec rest
Superset A1

Sit-ups



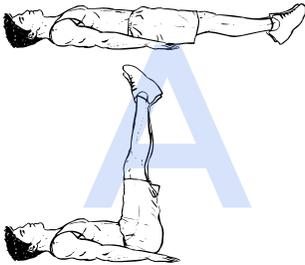
2 sets 60 secs 15 sec rest
Superset A2

Double Crunches



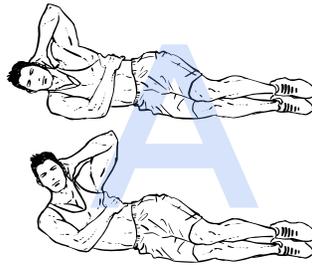
2 sets 45 reps 15 sec rest
Superset A3

Lying Leg Raises



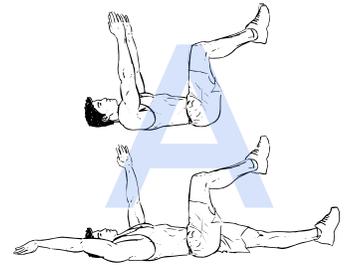
2 sets 45 secs 15 sec rest
Superset A4

Oblique Crunches



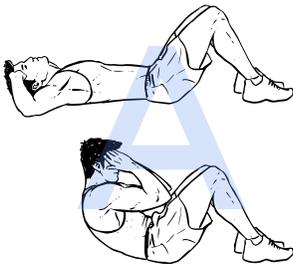
2 sets 45 secs 15 sec rest
Superset A5

Dead Bug



2 sets 45 secs 15 sec rest
Superset A6

Sit-ups



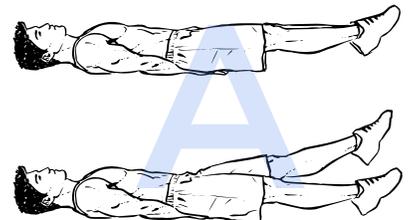
2 sets 60 secs 15 sec rest
Superset A7

Hollow Body Rock Hold



2 sets 40 secs 15 sec rest
Superset A8

Flutter Kicks



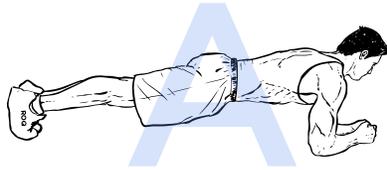
2 sets 45 secs 15 sec rest
Superset A9

Leg Pull-In Knee-ups



2 sets 45 secs 15 sec rest
[Superset A10](#)

Plank



2 sets 60 secs 1 min rest
[Superset A11](#)

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor..

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

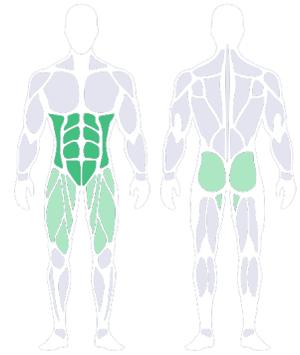
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

! Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.



Sit-ups

Primary muscle group(s):

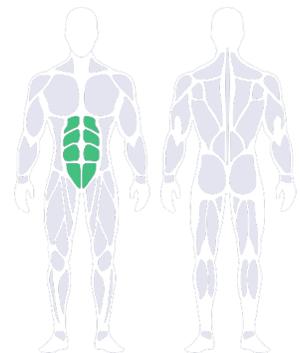
Abs

Lie with knees bent and feet flat on the floor. You can have someone hold your feet or place them under something to keep them steady.

Place your hands behind your head, elbows pointing out.

Engage your abs and lift your head, neck and shoulders up. Pretend you are holding a small ball under your chin.

Hold and then return to starting position.



Double Crunches

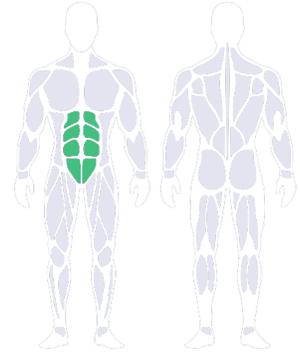
Primary muscle group(s):

Abs

Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground.

Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest.

Pause and return to the starting position.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

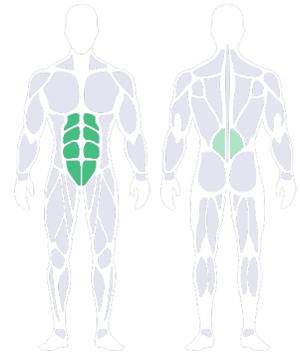
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Side / Oblique Crunches

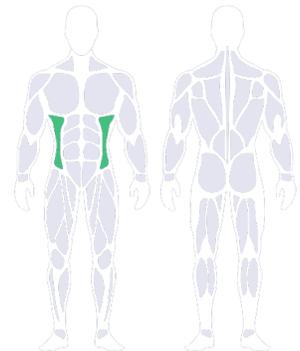
Primary muscle group(s):

Obliques

Lie on a padded surface on your left side. Stack your legs and bring your right hand behind your head. Lie your left arm in front of you or across your body. Brace your core.

Pulling from the obliques, bring your elbow up and towards your feet. Do NOT pull yourself with your hand.

Pause and feel the contraction in your obliques then slowly return to the starting position.



Dead Bug

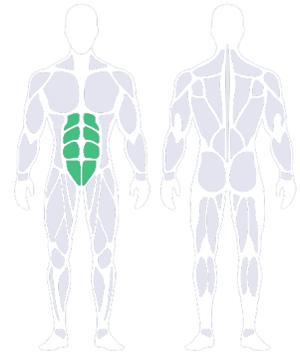
Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to it's starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



Sit-ups

Primary muscle group(s):

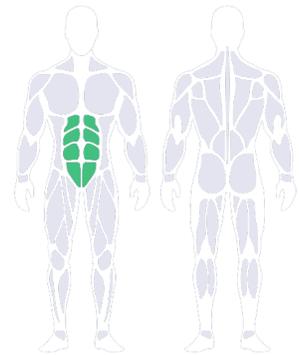
Abs

Lie with knees bent and feet flat on the floor. You can have someone hold your feet or place them under something to keep them steady.

Place your hands behind your head, elbows pointing out.

Engage your abs and lift your head, neck and shoulders up. Pretend you are holding a small ball under your chin.

Hold and then return to starting position.



Hollow Body Rock Hold

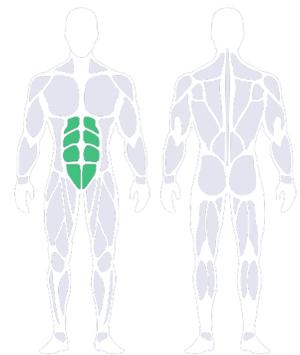
Primary muscle group(s):

Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.



Flutter Kicks

Primary muscle group(s):

Abs

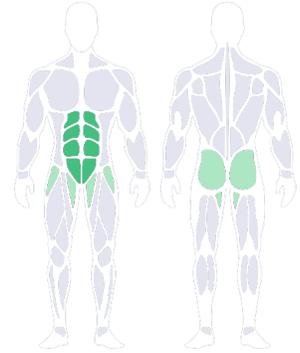
Secondary:

Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



Leg Pull-In Knee-ups

Primary muscle group(s):

Abs

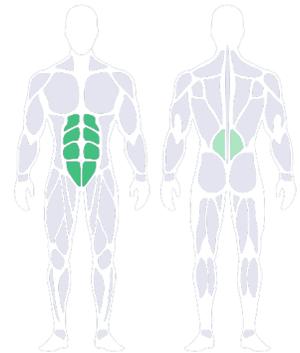
Secondary:

Lower Back

Lie flat with hands under your buttocks.

Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).

Hold and then slowly return to starting position.



Plank

Primary muscle group(s):

Abs

Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.

