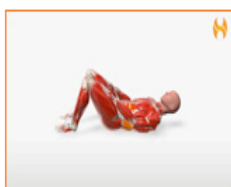




Ab & Low Back Developer: Level 1

Perform this ab & low back workout two-three times a week. Complete the four exercises in a row, with rest in between and repeat.

Workout



EQUIPMENT

⚡ No Equipment Needed

Arm-Reaching Crunch

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12			Moderate	30 sec		

Description

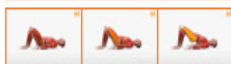
- ⚡ Return slowly to the starting position.
- ⚡ Lie on your back with your feet flat on the floor.
- ⚡ Place your palms on your thighs.
- ⚡ Slide your palms up as far as you can toward your knees, rolling your upper back off the floor.

ProTip

- ⚡ Initiate the crunch at the head, then roll your spine up segmentally into a crunch

Mistakes

- ⚡ Jutting the chin as you crunch up



EQUIPMENT

⚡ No Equipment Needed

Bridging

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12			Moderate	30 sec		

Description

- ⚡ Lie on your back with your knees bent, feet placed flat on the ground about 12 to 14 inches from the hips.
- ⚡ Keeping your hands out to the sides to help balance, lift your hips up so that thighs and trunk form a straight line.
- ⚡ Return slowly to the starting position.

ProTip

- ⚡ Tighten the glutes

Mistakes

- ⚡ Hips not fully elevated and straight
- ⚡ Allowing one hip to drop
- ⚡ Over-arching the back



Arm-Reaching Rotation Crunch -- Single-Sided

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12			Moderate	30 sec		



EQUIPMENT

⌘ No Equipment Needed

Description

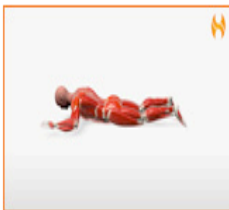
- ⌘ Lie on your back with your feet flat on the floor.
- ⌘ With over-lapped hands, reach up the thigh toward one knee.
- ⌘ Keep your neck neutral as you roll your upper back off the floor.
- ⌘ Return slowly to the starting position.

ProTip

- ⌘ Initiate the crunch at the head, then roll your spine up segmentally into a crunch

Mistakes

- ⌘ Jutting the chin as you crunch up
- ⌘ Reaching only the hands sideways instead of rotating the entire torso



Prone Lying Back Extension

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12		30 sec	Moderate	30 sec		



EQUIPMENT

⌘ No Equipment Needed

Description

- ⌘ Lie on your stomach with your arms to the sides and bent to 90 degrees.
- ⌘ Keep your head and neck in alignment with your spine at all time.
- ⌘ Starting with the head and upper back, lift your spine one segment at a time until your chest comes off the ground.
- ⌘ Return slowly to the start position.

ProTip

- ⌘ On the way up, pull your shoulder blades together (retraction)

Mistakes

- ⌘ Cocking the head back
- ⌘ Dropping the head