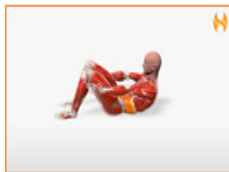




## Ab & Low Back Developer: Level 2

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



#### Arm-Reaching Sit Up

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	12			Moderate	30 sec		

#### Description

- ⌘ Lie on your back with your legs bent and feet flat on the floor.
- ⌘ Keep your arms straight and down your sides.
- ⌘ Keeping your neck neutral, roll your upper back off the floor, reaching yours forward in front of you.
- ⌘ Return slowly to the start position.

#### ProTip

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

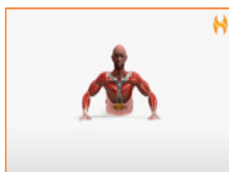
#### Mistakes

- ⌘ Jutting the chin as you sit up
- ⌘ Not sitting up all the way



#### EQUIPMENT

- ⌘ No Equipment Needed



#### Cobra Stretch

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	12			Moderate	30 sec		

#### Description

- ⌘ Lie on your stomach with your hands placed on the floor outside of the shoulders.
- ⌘ Keep your shoulders un-shrugged and your hips on the ground.
- ⌘ With your hands pushing on the ground, gently lift yourself so that the chest and head are pointing forward.
- ⌘ Raise your upper body only as far as is comfortable for your back.

#### ProTip

- ⌘ Let gravity slowly pull the spine down into a nice and consistent "curve"

#### Mistakes

- ⌘ Shrugging the shoulders
- ⌘ Cocking the head back too far
- ⌘ Raising the hips off the floor



#### EQUIPMENT

- ⌘ No Equipment Needed



### Cross-Arm Rotation Crunch -- Single-Side

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	12			Moderate	30 sec		



**EQUIPMENT**

⌘ No Equipment Needed

#### Description

- ⌘ Lie on your back with your feet flat on the floor.
- ⌘ Cross your arms over your chest.
- ⌘ Keeping your neck neutral, roll your upper back off the floor and twist to one side.
- ⌘ 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
- ⌘ Not rotating the torso enough



### Bridge with Rotation

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	12			Moderate	30 sec		



**EQUIPMENT**

⌘ No Equipment Needed

#### Description

- ⌘ Lay down on your back.
- ⌘ Bridge up on your toes and left shoulder, reaching up and to the left with your right hand.
- ⌘ Return to the starting position.
- ⌘ Repeat on the other side.

#### ProTip

- ⌘ Start slowly, but eventually this can be an explosive exercise.

#### Mistakes

- ⌘ Putting too much weight on your neck.