It’s Ab Tabata time! Only 4 minutes per exercise! If you feel as if you need more work, go all the way round again!

**Sit-ups**
- 4 sets 20 secs 10 sec rest
- Tabata 1 - If necessary, place your feet under something to help you along!

**Reverse Crunch**
- 4 sets 20 secs 10 sec rest
- Tabata 2 - Keep your arms grounded and pull your body back using those abs!

**Windshield Wipers**
- 4 sets 20 secs 10 sec rest
- Tabata 3 - Left to right = one complete rep!

**Double Crunches**
- 4 sets 20 secs 10 sec rest
- Tabata 4 - Almost there! Push through the burn.

**Cross Body Mountain Climbers**
- 4 sets 20 secs 10 sec rest
- Tabata 5 - The final hurdle, can you got through this again?

**Corpse Pose**
- Annnnnnd zone out.
**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.

**Reverse Crunch**

Primary muscle group(s):
Abs

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.
Windshield Wipers

Primary muscle group(s):
Abs, Obliques

Lie on an exercise mat, keeping your back flat with no arching of the spine.

Extend your arms out beside you at shoulder level, with your palms pressed firmly to the floor. Your upper body should form a “T” shape.

Raise your feet off the floor by bending your hips and knees to 90 degree angles. This is the start position.

As you exhale, rotate both your thighs to one side until the outer thigh touches the ground or until you feel a stretch in your abs and lower back.

Pause briefly, then rotate to the other side without pausing in the start position.

When you have rotated to both sides, that is one repetition.

Repeat for the desired number of repetitions.

This exercise has 3 levels of difficulty: Beginner – with the knees and hip bent as described above; intermediate – feet up with knees at 90 degrees but the hips remaining in a neutral position; advanced –legs straight and hips bent at 90 degrees so your body forms an “L”.

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.
**Cross Body Mountain Climbers**

Primary muscle group(s):
- Obliques

Secondary:
- Abs

Assume a push-up position. Core is tight. Back is flat. Hands are underneath the shoulders. Head is in neutral position.

Bring one knee up towards your chest and twist towards the opposing elbow. (Ex: Right knee to left elbow.)

Contract the core and return the leg to the starting position.

Alternate between legs.

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**Supine Lying Down Position / Corpse Pose**

Primary muscle group(s):
- Lower Back

Secondary:
- Abs, Glutes & Hip Flexors

Place a towel or yoga pillow on a soft surface like a carpet or yoga mat. Lie on your back positioning your head on the towel or pillow.

Allow your legs to fully extend. Make sure your feet are shoulder distance apart with toes facing slightly outward.

Place your arms on the ground away from your body. You should be able to feel your lower back touching the ground. Close your eyes. Hold and maintain this position while taking deep breaths for the prescribed amount of time.