Today, we are going to exhaust those abs. Be aware of the supersets, and make sure not to rest until both parts of the supersets are complete. Burn, burn, burn!

**Flutter Kicks**
- 3 sets of 40 reps
- **Superset A1**: Make this 40 kicks in total and then move straight on without rest!

**Crunches**
- 3 sets of 12 reps, 45 sec rest
- **Superset A2**: Get those shoulders up!

**Alternate Heel Touchers**
- 3 sets of 40 reps
- **Superset B1**: 40 heel touches in total, be sure to keep those shoulders off the ground through the entire exercise!

**Lying Leg Raises**
- 3 sets of 12 reps, 45 sec rest
- **Superset B2**: Don’t let those feet touch the ground!

**Weighted Glute Bridges**
- 3 sets of 12 reps
- **Superset C1**: Use a dumbbell or a phone book!

**Medicine Ball V-Ups**
- 3 sets of 12 reps, 45 sec rest
- **Superset C2**: Use the same weight as the previous exercise!

**Double Crunches**
- 3 minute crunches. Hit as many crunches as you can in 3 minutes, take note of the amount! Keep the clock running :D
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.

Crunches

Primary muscle group(s):
Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.
Keep your elbows in so that they are parallel to your body.
Push your back down flat into the floor to isolate your abdominal muscles.
Gently curl your shoulders forward and up off the floor.
Continue to push down into the floor with your lower back.
Raise your shoulders about four to six inches only.
Hold and squeeze your abdominal muscles for a count of one.
Return to the start position in a smooth movement.
Alternate Heel Touches / Lying Oblique Reach

Primary muscle group(s):
Obliques

Secondary:
Abs

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder-width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

Return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.

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.
**Weighted Glute Bridges**

**Primary muscle group(s):**  
Glutes & Hip Flexors  

**Secondary:**  
Abs, Lower Back

Select an appropriate weight for the plate you will be using. Place it next to where you will be laying.

Lay on flat on your back. Bend your knees, bringing your feet towards your hips. Bring the plate up and on to your pelvic area.

Tighten your core, flatten your back, and make sure your feet are firmly on the ground. Raise your hips up, creating a straight line from your head to your knees.

Slowly lower your hips and repeat the movement.

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**Medicine Ball V-Ups**

**Primary muscle group(s):**  
Abs

**Secondary:**  
Glutes & Hip Flexors

Lie face up on with a medicine ball between your hands and your arms extended behind you. Keep your arms and legs straight and then raise your feet an inch off the floor.

Raise your torso and legs up at the same time and touch the medicine ball to your feet. Hold for a moment.

Lower down to starting position with arms and ball behind your head.

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**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.