Extra Credit: Only Abs and Cardio

36 min · Abs, Cardio, Legs

Hello there, looks like someone is looking to work through some extra credit stuff! Today, nice and simply head over to a park (or anywhere that has a wide-open space) and follow though each exercise, one by one, being sure not to over rest! Feel the ab burn!

Crunches

2 sets 20 reps 30 sec rest
Perform 2 sets of these, then pick yourself up and complete the light run!

Cardio – Running

0:30 rest
Only 4 minutes of light jogging before your next ab activity.

Lying Leg Raises

2 sets 20 reps 30 sec rest
Perform 2 sets of these, then get on to run number 2.

Cardio – Running

0:30 rest

Crunches

4 min
Aim to run this at a slightly quicker pace than the last one.

Alternate Heel Touchers

2 sets 40 reps 30 sec rest
That's 20 reps per side per set before run number 3!

Cardio – Running

0:30 rest

Flutter Kicks

2 sets 40 reps 30 sec rest
Your final ab exercise of the day!

Cardio – Running

4 min
Bring this down to a cool-down pace. Nice work you A+ pupil!
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.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.
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.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps
Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.
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.

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Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps
Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

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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.
Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.