Not such an intense day today. Simply move through each of the exercise completing the total reps. Exercises get more difficult towards the end, but nothing you can’t handle!

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**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.

**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.
Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):
Abs, Obliques

Secondary:
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor.

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.
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.

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.
**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.

**Russian / Mason / V-Sit Twists**

Primary muscle group(s):
- Abs

Secondary:
- Lower Back

Lie on an exercise mat and place your feet your under something that will not move or ask a spotter hold them down for you. Keep your knees bent.
Raise your upper body from the mat to form V-shape with your thighs.
Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.
In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.
Return to the start position while breathing out.
Repeat the movement, this time to the left side of your body.
Repeat.

ℹ️ As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.
**Leg Pull-In Knee-ups**

Primary muscle group(s):
- Abs

Secondary:
- Lower Back

Lie flat with hands under your buttocks.
Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).
Hold and then slowly return to starting position.

**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.
**Weighted Russian / Mason Twists**

Primary muscle group(s):
Abs, Obliques

Secondary:
Biceps, Forearms, Lower Back

Sit on an exercise mat with your legs fully extended and your upper body upright. Grip a weight plate between both hands. Hold the plate out in front of your abdominals keeping your arms bent slightly. Cross your your ankles and raise them off the floor slightly. Bend your knees towards you slightly. Lean back about 15 degrees to balance your body. This is the start position.

In a smooth motion, turn your torso to the left and touch the plate on the floor. Make sure you exhale as you do this. Return to the start position inhaling as you do so.

Repeat the same movement, this time to your right side, again exhaling as you do so. Return to start position and repeat.

⚠️ When performing this exercise, use smooth controlled movements. Jerking or using momentum to swing the weight can cause serious lower back injury.

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**Dumbbell Weighted Leg Pull-Ins**

Primary muscle group(s):
Abs

Secondary:
Glutes & Hip Flexors

Stand a dumbbell on one of its plates about 2 feet away from the edge of a bench and sit comfortably on the edge of that bench, using you hand-grip for support. Fully extend your legs towards the dumbbell. Using your amazing foot-eye coordination, pin each foot underneath the top plate of the standing dumbbell, on either side of its bar. Bring your knees in towards you chest, taking care not to drop the dumbbell in the process, and hold them as close as you can to your chest for 1 second.

Extend the legs back down towards the floor to the starting position.
Jackknife Sit-ups / Crunch / Toe Touches

Primary muscle group(s):
Abs

Secondary:
Glutes & Hip Flexors

Lie flat on an exercise mat, extending your arms straight back behind your head. Fully extend your legs also. This is the start position.

Bend at your waist and at the same time, raise your legs and arms to meet in a closed jackknife position. Exhale as you do this.

At this point, your legs should remain fully extended at between 35-45 degrees from the floor.

Your arms should be fully extended, parallel to your legs.

Your upper body should be raised off the floor.

Return to the start position by lowering your arms and legs back to the floor, exhaling as you do so.

Repeat.