



ABDOMINAL ROUTINE

CIRCUIT FORMAT

1 SESSION TO BE DONE 3 X PER WEEK, EACH CIRCUIT SHOULD LAST 10 - 15 MINS MAX. THE COMBINATION OF EXERCISES IN THE CIRCUIT CAN BE VARIED DEPENDING ON INDIVIDUAL NEEDS. YOU BOTH DO NOT NEED TO DO THE SAME THING IF YOU DO NOT FEEL IT IS NECESSARY

ROUTINE 1 - MULTI-DIRECTIONAL STRESS - 15 SECS PER POSITION

- CRUCH
- RUSSIAN TWISTS
- SINGLE LEG LOWERS
- SQUIRMS
- DOUBLE LEG LOWERS WITH ARMS ABOVE HEAD
- SIDE PLANK WITH MOVEMENT
- SIDE PLANK WITH MOVEMENT
- FRONT PLANK WITH LEG LIFT
- FRONT PLANK WITH LEG LIFT
- FRONT PLANK BOTH LEGS DOWN

ROUTINE 2 - STATIC PLANK STRENGTH - 30 SECS EACH POSITION BAR THE LAST ONE

- REAR PLANK - LEGS OUT IN FRONT
- SIDE PLANK
- REAR PLANK - HIPS AND KNEES BENT
- SIDE PLANK
- FRONT PLANK - 1 MIN



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ROUTINE 3 - PARTNER ASSISTED CORE - 10 REPS / 10 SECS PER POSITION

- REAR PLANK POSITION BUT WITH HANDS ON A BENCH, PARTNER RESISTS HIP EXTENSION & FLEXION
- POSITION AS ABOVE - LEG LIFT AND MULTIDIRECTIONAL MOVEMENT CONTROL
- SIDE PLANK - MULTI-DIRECTION HIP RESISTANCE
- SIDE PLANK - MULTI-DIRECTION ARM RESISTANCE
- SIDE PLANK - MULTI-DIRECTION HIP RESISTANCE
- SIDE PLANK - MULTI-DIRECTION ARM RESISTANCE
- FRONT PLANK - PARTNER RESISTS HIP EXTENSION & FLEXION
- POSITION AS ABOVE - LEG LIFT AND MULTIDIRECTIONAL MOVEMENT CONTROL

ROUTINE 4 - MULTI VARIABLE PARTNER ABS

- CRUNCH POSITION, PARTNER SUPPORTS LEGS - 20 SHOULDER TAPS
- POSITION AS ABOVE - 10 HAND TAPS EACH SIDE - VARIABLE HAND POSITION
- LYING FLAT, HOLDING PARTNER'S ANKLES - 10 STRAIGHT LEG RAISES TO SHOULDER HEIGHT, CONTROL DESCENT
- POSITION AS ABOVE - 10 HAND TAPS, TO ABOVE SHOULDER HEIGHT, CONTROL DESCENT, BUM ALL THE WAY DOWN
- BACK INTO CRUNCH POSITION WITH PARTNER SUPPORTING LEGS, 10 SEC ISOMETRIC, WITH PARTNER TRYING TO PUSH YOU DOWN